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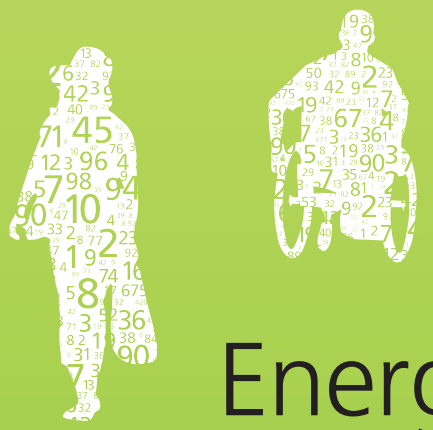

Energy Conservation Week

May 17-23, 2009

There must be a million ways to save energy

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Energy Conservation Week is an initiative of:

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Ontario

OM An official mark of the Ontario Power Authority.

In collaboration with these leading Ontario organizations:

EDA The Voice Of Ontario's Electricity Distributors

hydro one

ieso Power to Ontario. On Demand.

TORONTO

AMO Association of Municipalities of Ontario

100 ENERGY SAVING IDEAS

AT HOME For Homeowners: I pledge to... 1. Schedule an energy audit of my home – and act on the results. **2**. Have my central air conditioning and furnace serviced. **3**. Clean my air conditioning unit's condenser of dirt and debris. **4**. Clean or replace my furnace filter (especially, if I have central A/C). **5**. Install a programmable thermostat. **6**. Improve the insulation of my home. **7**. Reduce air leakages in my home. **8**. Sign up for peaksaver® (if available where I live). **9**. Right-size my refrigerator. **10**. Get rid of my old energy-guzzling second fridge. **11**. Upgrade to ENERGY STAR® windows. **12**. Install a solar or tankless/instantaneous hot water heater. **13**. Install solar photovoltaic (PV) panels on the rooftop. **14**. Install a ground-source heat pump. **15**. Get a pool pump timer. **16**. Make sure I have a thermal pool blanket. **17**. Consider solar panels to heat my pool.**18**. Specify that I want my new home to meet ENERGY STAR® standards. **19**. Landscape for energy savings. **For everyone at home: I pledge to... 20**. Use EnerGuide (Natural Resources Canada) ratings. **21**. Fight phantom load – unplug electronics that draw power even when they're turned off. **22**. Upgrade to ENERGY STAR®-qualified appliances. **23**. Adjust the water level on the washing machine. **24**. Wash only full loads of laundry. **25**. Do my laundry on evenings and weekends. **26**. Hang my clothes outside to dry. **27**. Clean the lint out of my dryer after each load of laundry. **28**. Use a toaster oven or microwave instead of the oven, whenever possible. **29**. Opt for an electric frying pan instead of a range top. **30**. Try slow cooking. **31**. Use pots with tight-fitting lids. **32**. Use the oven light to check on my food instead of opening the door. **33**. Use an automatic shut-off kettle. **34**. Always set my dishwasher to air dry and only run it when full. **35**. Allow hot food to cool before placing it in my refrigerator. **36**. Thaw my frozen foods in the refrigerator. **37**. Vacuum my refrigerator coils to keep them efficient. **38**. Use the oven's self-cleaning option after cooking.**39**. Make my showers shorter to use less energy and hot water. **40**. Install low-flow toilets. **41**. Rinse my dishes in a tub of clean water. **42**. Fix dripping faucets, especially leaky hot water faucets. **43**. Insulate around my water pipes. **44**. Install a water heater jacket and low-flow faucet aerators. **45**. Use a manual lawnmower. **46**. Open a window or use ceiling fan. **47**. Set my air conditioner at 25°C when I'm home and 28°C when away. **48**. Set my heat/thermostat at 20°C when I'm at home and 18°C overnight. **49**. Install solar reflective film on my windows. **50**. Use insulated drapes or energy-saving cellular / honeycomb blinds in the winter. **51**. Use drapes/blinds, awnings and shades in the summer to keep the heat out. **52**. Turn off the monitor if I'm not going to use my computer for more than 20 minutes. **53**. Turn off both the monitor and the CPU if I'm not going to use it for more than 2 hours. **54**. Turn off my screensaver. **55**. Use power bars with on/off switches, automatic shutoff, or integrated timers. **56**. Replace my high-use incandescent light bulbs with ENERGY STAR®-qualified compact fluorescent light bulbs (CFLs) wherever it makes sense. **57**. Install dimmer switches and use dimmable CFLs. **58**. Use task lighting. **59**. Place floor lamps or table lamps in corners. **60**. Install motion sensors to turn off lights automatically. **61** Keep all air registers/radiators free of obstructions that impede air flow. Have your ducts cleaned out annually. **62**. Use LED (light emitting diode) seasonal / celebration lights. **63**. Use solar-powered outdoor lights. **FOR PARENTS & CAREGIVERS: I pledge to... 64**. Teach my children good energy conservation habits. **65**. Think of ways to reward my kids for good conservation habits. **66**. Choose games and toys for my children with energy use in mind. **FOR KIDS... OF ALL AGES: I pledge to... 67**. Turn off the lights whenever I leave a room. **68**. Decide what I want before opening the refrigerator door. **69**. Turn off televisions, computers, and game consoles when I'm finished using them. **70**. Ask my parents about other ways I can help conserve. **FOR TRAVELERS: I pledge to...71**. Put my indoor and outdoor lights on timers. **72**. Put my water heater on the vacation setting, if it has one. **73**. Choose green-rated hotels when traveling for business or pleasure. **74**. Pull the plug on my battery chargers. **AT SCHOOL: For teachers: I pledge to... 75**. Make energy conservation a classroom commitment. **76**. Appoint a classroom energy monitor. **77**. Take advantage of daylight. **For students: I pledge to... 78**. Encourage my school, college or university to take conservation seriously. **79**. Be a role model for good conservation. **80**. Make my school leadership aware of energy waste, wherever and whenever I spot it at school or on campus. **AT WORK: For employers: I pledge to... 81**. Train myself or an employee to become an Energy Conservation Officer. **82**. Participate in an OPA commercial demand response program. **83**. Organize conservation learning opportunities for the people who work with me. **84**. Reward the people who work with me for their innovative, money-saving ideas. **85**. Ensure meeting rooms are equipped with light switches. **86**. Install light emitting diodes (LEDs) in suitable 24-hour-use locations. **87**. Replace my incandescent or fluorescent EXIT signs with LED EXIT signs. **88.** Install high-quality electronic ballasts along with T8 florescent tubes. **89**. Install new high-performance chillers. **90**. Use modular load control technology. **91**. Install effective automatic door closers. **For employees: I pledge to... 92**. Turn off meeting room lights when not in use. **93**. Dim, turn off or remove lights near windows in the daytime. **94**. Use the stairs instead of taking the elevator, if I am able. **95**. Unplug coffeemakers, toasters and microwaves. **96**. Keep entrance doors closed. **97**. Use the revolving doors into my office building. **98**. Use standby mode for computers and copiers. **99**. Turn all equipment off at the end of the day. **100**. Use paper-reducing strategies.

HOME
School
WORK

BLACK'S CHANCES GOOD, EXPERT SAYS, PG 6

Tonight's Jackpot
$49,000,000
estimated
LOTTO 649

The world's largest global newspaper
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TORONTO • WEDNESDAY 20, 2009 metro

Celebrity pg 43

Duff drawn to Bonnie and Clyde remake

Indonesian C-130 plane crashes

JAVA At least three people are dead following the crash early today of a military plane carrying more than 100 people on the Indonesian island of Java. Many more are feared dead.

Indonesian television showed video footage of burning jungle where the plane crashed.

Air force spokesman Bambang Sulistyo said the C-130 Hercules was on a routine training mission when it crashed. He said the plane was carrying 112 passengers and crew. It smashed into four houses in Gaplak village before skidding into a field.

THE ASSOCIATED PRESS

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Toronto and Canada. This is also a Call to Action for you to send us your suggestions at torontoletters@metronews.ca, metronews.ca or on Twitter @metrotoronto.

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- **Share your SunnySide thoughts on Twitter using #sunnyside**
- **See what other Metro readers are doing and saying about SunnySide**
- **Enter for a chance to win a Sony Blu-ray player**
- Today
- **Mayor Miller – Looking good, feeling good, page 3**
- **Word on the street, page 14**
- **Bankruptcies on the decline, page 15**

Blue Jays

Upended in Beantown

ELISE AMENDOLA/THE ASSOCIATED PRESS

Toronto Blue Jays second baseman Aaron Hill, right, forces out Boston Red Sox David Ortiz at second base last night at Fenway Park in Boston. The Red Sox edged the Jays 2-1 in the opening game of a three-game series. More coverage, page 16.

Taxing testimony

Mulroney paid taxes on only half of Schreiber money

Brian Mulroney ended up paying income tax on only half the $225,000 he received from Karlheinz Schreiber to lobby for a controversial armoured vehicle project, a public inquiry heard yesterday.

And that was despite the fact the former prime minister didn't report the revenue to federal and Quebec tax collectors until early 2000 — more than six years after Schreiber handed him the first payment.

Mulroney testified yesterday that he didn't know any of the details at the time the 2000 agreement was negotiated on his behalf by tax lawyer Wilfrid Lefebvre of Montreal.

Guy Pratte, counsel for Mulroney at the inquiry headed by Justice Jeffrey Oliphant, insisted his client got no special treatment and merely benefited from standard tax assessment rules in force at the time.

Oliphant couldn't help observing, nevertheless, that the net effect was to allow Mulroney to cut his tax bill in half by waiting six years to file, instead of declaring the money as soon as he got it.

None of it means Mulroney did anything wrong, Oliphant was quick to add.

THE CANADIAN PRESS

Future services

- Mulroney says he treated the money he received from Schreiber as a retainer for future services, meaning the revenue didn't have to be reported right away and taxes could be deferred until later.

Flu victim in critical condition

Flu Outbreak

A 60-year-old man with influenza A (H1N1), also known as swine flu, and other health problems is on life support at Toronto Western Hospital.

Sources say the man was admitted to hospital more than a week ago and was immediately put on a ventilator.

The man is in critical condition in the intensive care unit at the hospital. It is not known how he contracted the virus.

While the province won't provide many details, the health minister's press secretary said the individual's case of the H1N1 flu virus is "mild" and it is the individual's underlying health problems that have made him so sick.

"So far, all the cases in Ontario have been mild," Steve Erwin, spokesperson for David Caplan, said yesterday. "We can't disclose what the condition of this patient is, but I can tell you ... the underlying condition of the case itself is very serious," he explained, adding that patient confidentiality prohibits him from elaborating.

TORSTAR NEWS SERVICE

MORE COVERAGE, PAGE 8

Cases

- There are now a total of 272 cases of the virus in Ontario, a big jump from the 187 cases the province last reported Friday. The numbers were expected to rise as the bug began to spread in the community.

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Arrest made in Oshawa stabbing
An arrest has been made after a 15-year-old male was stabbed during a fight in downtown Oshawa Saturday afternoon. The victim was taken to hospital, but was later released. Kevin Pinney, 20, of Oshawa has been charged with aggravated assault and possession of a weapon. TORSTAR NEWS SERVICE

Local

Don't scrap rights tribunal: Elliott

Progressive Conservative leadership hopeful Christine Elliott, left, says a controversial proposal to scrap the Human Rights Tribunal could hurt the party in the next provincial election. In an interview with The Canadian Press, Elliott says she's against the idea that two of her rivals support. Randy Hillier floated the idea during his campaign launch last month, and Tim Hudak announced last week that he was also in favour of abolishing the tribunal. THE CANADIAN PRESS

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Tomorrow's Metro

Movies
Metro reviews Christian Bale's performance in Terminator Salvation

metronews.ca
WHAT'S ONLINE TODAY

Read the In Transit blog at metronews.ca where Ed Drass covers platform problems at Union Station.

Blogs It's Called Football welcomes CSL commissioner Cary Kaplan to discuss the league's expansion and Sexcetera asks the experts why we're so fascinated by the affairs of the rich and famous.

Video The inquiry into Brian Mulroney's business dealings hears he only paid taxes on half the payments he received at metronews.ca/canada

Lotteries
Ontario Pick 3: 3 8 9; Ontario Pick 4 : 7 5 5 2
Encore: 6221016
Daily Keno: 1, 3, 6, 15, 26, 34, 35, 39, 44, 48, 49, 50, 51, 54, 55, 56, 61, 64, 66, 67
These results are not official.

Ottawa pledges Sri Lankan aid

Tamil group expresses concern over money reaching those in need

A Tamil-Canadian group welcomed Canada's pledge of humanitarian aid for war-torn Sri Lanka yesterday, but also criticized the offer as weak because it lacks strict conditions to ensure the help doesn't end up in the hands of the South Asian country's government.

Foreign Affairs Minister Lawrence Cannon said in a statement that Canada and the United States have agreed to work together to support the United Nations in providing assistance to the island nation that has been mired in a civil war since 1983.

Ottawa's offer of help came hours after the Canadian Tamil Congress issued a list of demands that included asking the Canadian government to send aid to what the congress called "reputable aid organizations" instead of the Sri Lankan government.

Earlier in the day, the Tamil Congress had stressed a need to send a strong message to the Sri Lankan government to let aid groups into the war zone, where Tamils say thousands of civilians are without food and medicine.

The group accuses the Sri Lankan government of not accounting for millions of dollars in Canadian aid following the massive tsunami in 2004 that killed more than 30,000 people in the country.

The Tamil Congress said that without stronger demands from Canada to allow non-government organizations in, today's aid won't reach those in need. THE CANADIAN PRESS

RICK MADONIK/TORSTAR NEWS SERVICE

Prof. Sri Ranjan, left, David Poopalapillai and Manjula Selvarajah of Canadian Tamil Congress held a news conference yesterday to demand aid assistance for Sri Lanka.

Motorcycle crash leaves teen dead

UXBRIDGE A 19-year-old Toronto woman is dead after being thrown from a motorcycle that was hit by an SUV in Uxbridge Monday evening.

The woman was a passenger on a Honda Goldwing being driven by a 50-year-old Toronto man eastbound on Sandford Road.

Police were withholding her name pending notification of family members.

The motorcycle was struck from behind at about 6 p.m. by an eastbound Hyundai Santa Fe driven by a 34-year-old woman. TORSTAR NEWS SERVICE

Increase food regulation: Poll

INDUSTRY Canadians are distrustful of food companies inspecting their own meat and want the federal government to take more responsibility for food safety, a national poll has found.

Seven in 10 Canadians believe Ottawa should be more hands-on in the safeguarding of food products, says the Nanos Research survey commissioned by the agriculture union that represents federal meat inspectors. The poll asked 1,001 Canadians to gauge their faith in the country's meat inspection system following last summer's listeria outbreak that killed 22 people and sickened hundreds of others — perhaps thousands. The poll results show Canadians overwhelmingly reject the idea of industry self-regulation. TORSTAR NEWS SERVICE

64 The percentage of respondents who either blame the government for turning over critical inspection duties to industry or business for cutting food safety corners to save money.

News in brief

SHOTS FIRED Toronto police have identified a 19-year-old man accused of firing shots toward officers just after midnight Sunday. Officers were called to a north-end address after a shot was fired into a townhouse, apparently from a nearby high-rise building. When investigators arrived on the scene, several more shots were fired at officers gathered outside the townhouse. No one was injured and police arrested a suspect after a brief foot pursuit. Abshir Abdirashid of Toronto faces nine charges, including two counts of attempted murder, and is scheduled to appear in court today. THE CANADIAN PRESS

LEE JIN-MAN/THE ASSOCIATED PRESS

Mayor David Miller delivers a speech during an opening ceremony at the C40 Large Cities Climate Summit in Seoul, South Korea, yesterday.

Can't accuse Miller of not cutting the fat

SunnySide

POLITICS David Miller may be the incredibly shrinking mayor, but at 6-foot-3 he's still easily recognizable.

In the past year, Miller, 50, has adopted a much more rigorous exercise routine that includes workouts before the sun rises and regular runs. He has shed 50 pounds, falling below 200 pounds, for the first time in 20 years.

"We still recognize him. Even if he had glasses we would recognize him," said Richard Loyer, who was strolling in Nathan Phillips Square outside city hall.

During the 2003 campaign, Miller famously confessed that his favourite comfort food was a Quarter Pounder with cheese.

But last Wednesday, he chronicled a tough workout to his Twitter followers and said, "weigh-in showed I've lost 50 lbs."

He celebrated with some peanut butter on an English muffin. TORSTAR NEWS SERVICE

Residents ask agency to intervene in construction on nearby GO train track

After five months of ear-splitting, ground-shaking construction on the nearby train track, a group of residents officially have asked the Canadian Transportation Agency to order GO Transit to cease pile driving on the Toronto West Diamond pending mediation and an opinion from an independent expert. **TORSTAR NEWS SERVICE**

Labatt aims to take down Brick's Baron

LAWSUIT Brick Brewing Co. Ltd. says its Red Baron beer is at the centre of a lawsuit filed by Labatt Brewing Co. Ltd.

The brewer, based in Waterloo, says the suit alleges trademark infringement of Labatt's Brava beer.

Labatt alleges Red Baron's bottles and packaging look too similar to Brava, leading to confusion for customers.

Labatt, which acquired the Brava brand during its 2007 purchase of Lakeport Brewing Income Fund, is demanding an injunction against Brick as well as an undisclosed amount of damages.

Brick chief executive George Croft says the claim is "without merit." **THE CANADIAN PRESS**

A lot of energy for a simple message

One-page press release not so eco-friendly

How much packaging does it take to promote energy conservation?

Lots, evidently, if you're Toronto's Better Buildings Partnership.

The partnership, which provides incentives for energy conservation in new and existing large buildings, issued a one-page press release yesterday.

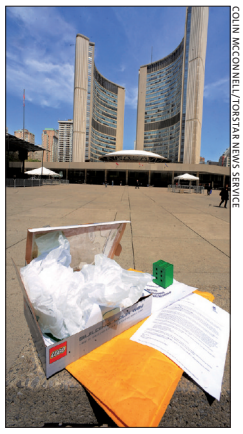
But it wasn't the release that was eye-catching.

It arrived in a large, brown paper envelope, padded with plastic bubble wrap. Inside the envelope was a cardboard box.

Inside the box, stuffed with tissue paper, was a green Lego toy, representing a building, with the Better Buildings Partnership logo on it.

Also in the box was a colour picture of the Lego toy; a piece of paper with the Better Buildings Partnership logo; and a one-page release about the Better Buildings Partnership.

Angela Gurley of Ketchum Public Relations, which handled the release, said the release was made as eco-friendly as possible.



COLIN MCCONNELL/TORSTAR NEWS SERVICE

This was the media package that was released by Toronto's Better Buildings Partnership to promote energy conservation.

"The paper itself — the actual one-page letter — was on recycled paper," she said. "And we did make sure it was pushed down to one page so it wasn't utilizing multiple pieces of paper."

What about the bubble-wrap envelope, cardboard box, plastic toy, tissue paper and colour logo?

"I'll have to go back to the team and talk about how the packaging was put together," she said. "That's a valid point, and I'll definitely talk to them about that."

Coun. Gord Perks said the release has to be seen in the context of the environmental improvements the partnership has prompted.

"The Better Buildings Partnership has created $180 million in economic impact, cut 300,000 tonnes of CO_2 emissions and created 2,500 person-years of employment," Perks said.

"I think 17 pieces of Lego in recyclable cardboard boxes is not a terrible price."

Jim Kamstra of the city's facilities and real estate division said the partnership's big effort at the moment is shaving 90 megawatts from Toronto's electricity demand through conservation incentives funded by the Ontario Power Authority. **TORSTAR NEWS SERVICE**

Special needs **Folkfest**

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Alex Sioukas, centre, takes part in the fourth annual TDSB Special Needs Folkfest event yesterday at Ted Reeve Arena.

May 31 deadline set for GM, CAW labour talks

TALKS Ottawa is flexible about when General Motors Canada and its union reach a new labour agreement, as long as it's part of a finished restructuring plan to be delivered by the end of May, Industry Minister Tony Clement says.

The federal and Ontario governments set last Friday as the deadline for GM to reach a new labour agreement with the Canadian Auto Workers, but the two sides were still mired in negotiations yesterday.

"GM is a very complex situation involving a multitude of countries and we are trying to exhibit as much patience as possible from Canada's perspective, though there are certain things that have to happen in order for there to be a deal," Clement said yesterday in Atlanta.

However, the CAW said in a pamphlet the federal and provincial governments are interfering in the talks, making an agreement difficult. **THE CANADIAN PRESS**

TTC DOORS OPEN

SATURDAY, MAY 23 - NOON TO 5PM

The TTC will once again be opening its doors to the public at two special locations during the 10th Annual Doors Open Toronto event on Saturday, May 23 between the hours of noon and 5 p.m.

FOR JUST $9.00 PER DAY
Unlimited* one day travel, for a group of up to 6 people, from the start of service until 5:30 a.m. the next morning.

Greenwood Shop
Tour through Greenwood Shop, one of the TTC's maintenance shops where specially skilled employees maintain and repair TTC's fleet of steel-wheeled vehicles.
Take the 31 Greenwood bus from Greenwood Station.

Eglinton Bus Garage
Take the 68 Warden bus from Warden Station to Comstock Road. Walk west on Comstock to the Eglinton Bus Garage. This complex maintains a fleet of 275 TTC buses.

www.ttc.ca 416-393-INFO

Man wounded in plaza shootout

CRIME At a plaza in Agincourt, Victoria Day ended with a shootout that left a man with a bullet wound in his buttock.

The gun battle started shortly after midnight yesterday in the parking lot of a strip mall near Finch Avenue East and Kennedy Road.

A friend drove the injured man to hospital. The friend was found with a gun and charged with possessing a firearm. **TORSTAR NEWS SERVICE**

News in brief

STABBED A 15-year-old was admitted to hospital with serious wounds yesterday after being stabbed and beaten in a Scarborough park. The teen was in Cedarbrook Park, near Lawrence Avenue East and Markham Road, around noon when four to six people attacked him.

THEFT A 45-year-old Georgina man is charged with theft after police say he used his power of attorney to rob his brother of over $5,000. For more than three years, the accused had power to act on his brother's behalf and control his finances. **TORSTAR NEWS SERVICE**

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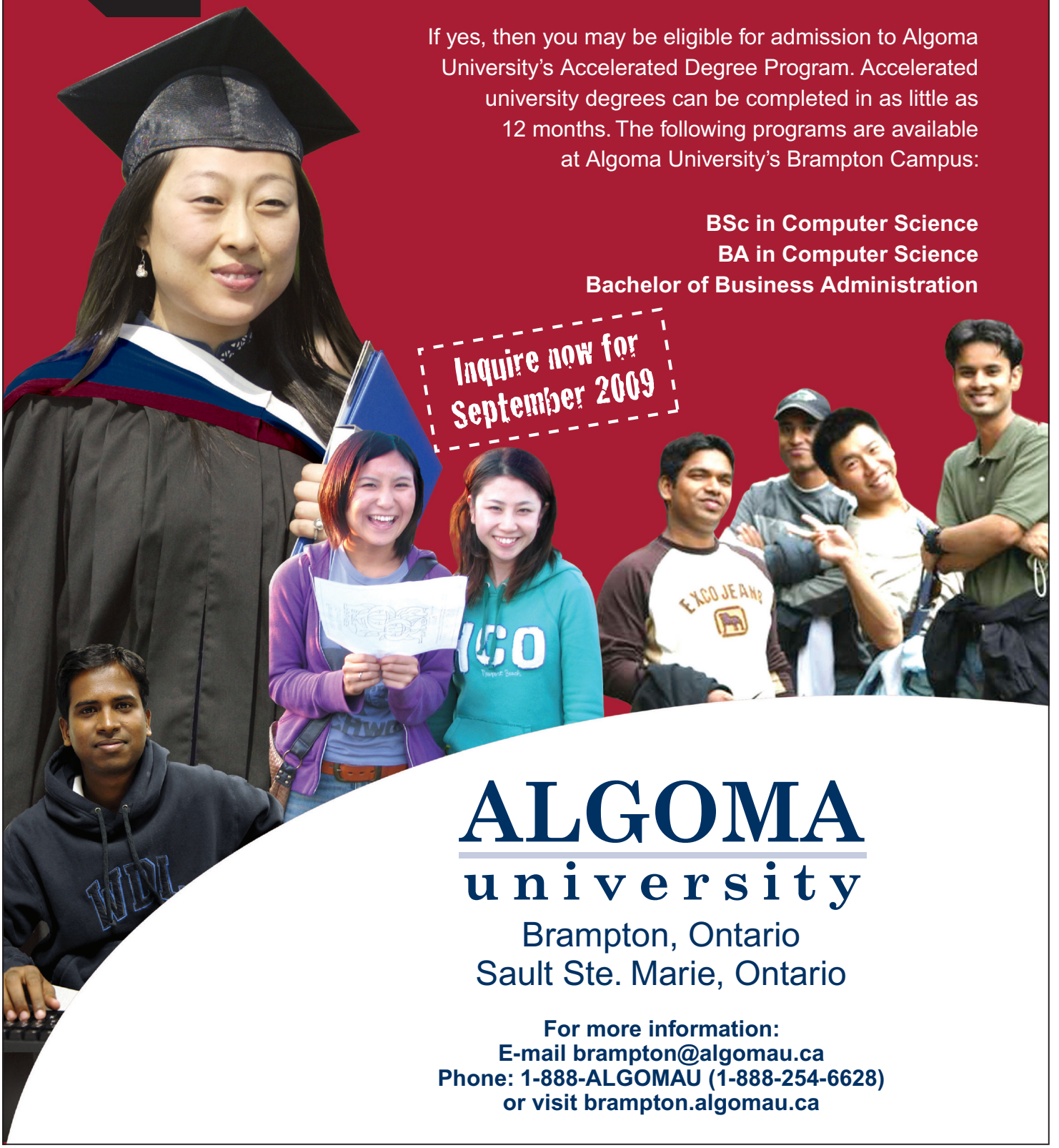

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Dune buggy crashes into woman during parade

Police say a woman was treated for minor injuries after a Shriners dune buggy plowed into her during a Victoria Day parade in Woodstock, Ont. The buggies were driving in a circular formation in the parade when the woman in her 20s was hit. THE CANADIAN PRESS

Canada

Drug raid in Mohawk settlement

The RCMP says it has arrested 16 people in a series of drug raids in the Mohawk community of Kanesatake, northwest of Montreal. Cpl. Caroline Letang said police did not fire any shots, though there were what she described as detonations. Mohawk peacekeepers joined the RCMP and provincial police in the operation yesterday, which came after citizens' complaints about marijuana grow-ops. THE CANADIAN PRESS

DAVID COOPER/TORSTAR NEWS SERVICE

Transportation Minister John Baird, seen here in a file photo, gave conflicting statements to police, the trial of Ottawa Mayor Larry O'Brien heard yesterday.

Baird gave conflicting info to police, mayor's trial told

COURT The trial of Ottawa Mayor Larry O'Brien on influence-peddling charges has heard that Tory cabinet minister John Baird gave conflicting statements to police.

Terry Kilrea, the Crown's chief witness, alleges that O'Brien offered to arrange a parole board appointment with the federal Conservatives as a bribe to quit Ottawa's 2006 mayoral race.

Both Baird and Kilrea deny they ever discussed the appointment in person.

But Baird's first statement to police in May 2007 suggests otherwise.

The first of two Baird police statements says Kilrea initially either emailed or called the minister about the parole board appointment, and they then met at Baird's office.

In a subsequent police interview in October 2007, Baird first said he could not "recall at all" having spoken in person to Kilrea about the appointment, then later in the same interview flatly denied having any such conversation. THE CANADIAN PRESS

News in brief

TORTURE A Canadian man facing beheading in Saudi Arabia wrote to Prime Minister Stephen Harper detailing that he was tortured into confessing to a murder he says he did not commit.

DISPUTE Nurses threw copies of their collective agreement on the steps of the Newfoundland and Labrador legislature yesterday as a strike or lockout in hospitals across the province appeared imminent.

FIRE One person is dead following a house fire yesterday morning in St. Thomas, Ont. The victim is believed to be a teenaged boy, who reportedly lived in the house with his parents and a brother.

CRASH Two California residents are recovering in hospital after their light plane crashed 60 kilometres northwest of Victoria. Officials say the plane went down at about 9 p.m. on Monday. THE CANADIAN PRESS

Odds favour Black: Expert

U.S. Supreme Court's review gives hope for exoneration

Petitioners who are granted a review by the U.S. Supreme Court win the majority of their cases, giving jailed businessman Conrad Black reason to be optimistic as the top court prepares to review his fraud conviction, a legal expert says.

JERRY LAI/THE ASSOCIATED PRESS

In this 2007 file photo, convicted newspaper baron Conrad Black leaves the federal building in Chicago. The Supreme Court on Monday agreed to consider Black's appeal of his fraud conviction.

"More often than not, the petitioner wins and that's probably almost three-quarters of the time," said Steve Kinnaird, co-chair of the appellate and Supreme Court practice at law firm Paul Hastings in Washington, D.C.

"You can never really firmly predict, but I would say the betting money in the abstract is always on the petitioner."

The Supreme Court agreed Monday to review the fraud conviction that helped put the former media baron behind bars in 2007.

And while that alone offers up hope that Black might one day be exonerated, the review doesn't necessarily amount to the equivalent of a "Get Out of Jail Free" card, experts say.

The top court has three choices now that it has agreed to review his case: Leave the conviction in place, rule that one aspect of the case was flawed or overturn it entirely. Should it decide the case was flawed, it would then fall to the prosecution to decide whether to pursue a new trial.

The decision to review the convictions of Black and two of his former associates, convicted for their role in an alleged scheme to defraud shareholders of the Hollinger International media company, came as a surprise to many in the legal world.

At issue in Black's case is the right to honest services — a concept developed in the 1970s to convict politicians who were seen as defrauding the public of their "honest services" as public servants — and whether it should apply to private conduct. THE CANADIAN PRESS

Slow rebound for housing starts: CMHC

FORECAST It will likely be at least four years before home construction in Canada returns to the level experienced earlier this decade during the boom, a federal housing agency says.

The Canada Mortgage and Housing Corp. said yesterday it expects housing starts will tumble to 141,900 this year from last year's 211,056, the last of several years of 200,000-plus starts.

And while the CMHC expects starts to rise moderately to 150,300 next year, it doesn't see a return to the 200,000-level over the years covered by its forecast.

The agency predicts starts to be 162,650 in 2011, 163,450 in 2012 and 176,800 in 2013.

In Ontario

- Ontario housing starts will show a sharp decrease this year, says the CMHC. In 2008, there were 75,076 starts in the province, but that number is expected to fall to 51,325 this year and improve to 52,300 in 2010.

"As the economy picks up, so will starts," says the market outlook report.

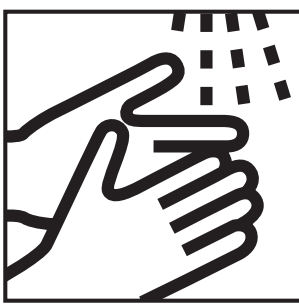
"(But) given the short-lived nature of the housing market slowdown, we do not expect a significant build-up of pent-up demand. Because of this, we do not expect housing starts to return to the 200,000-plus unit pace of recent years."

The agency said starts will fall the most in the West, where the market had been the hottest. Starts are expected to tumble 53 per cent in Alberta alone. THE CANADIAN PRESS

Canada to resume training with Pakistan: MacKay

MILITARY Canada will resume an officer-training program with Pakistan's military that has been suspended for more than 10 years, Defence Minister Peter MacKay said yesterday.

Canada severed its military-to-military relations with Pakistan in 1998 when the South Asian country conducted its first nuclear tests. MacKay said the program may resume by the fall. "You would have seminars and lectures that could occur," he said. THE CANADIAN PRESS



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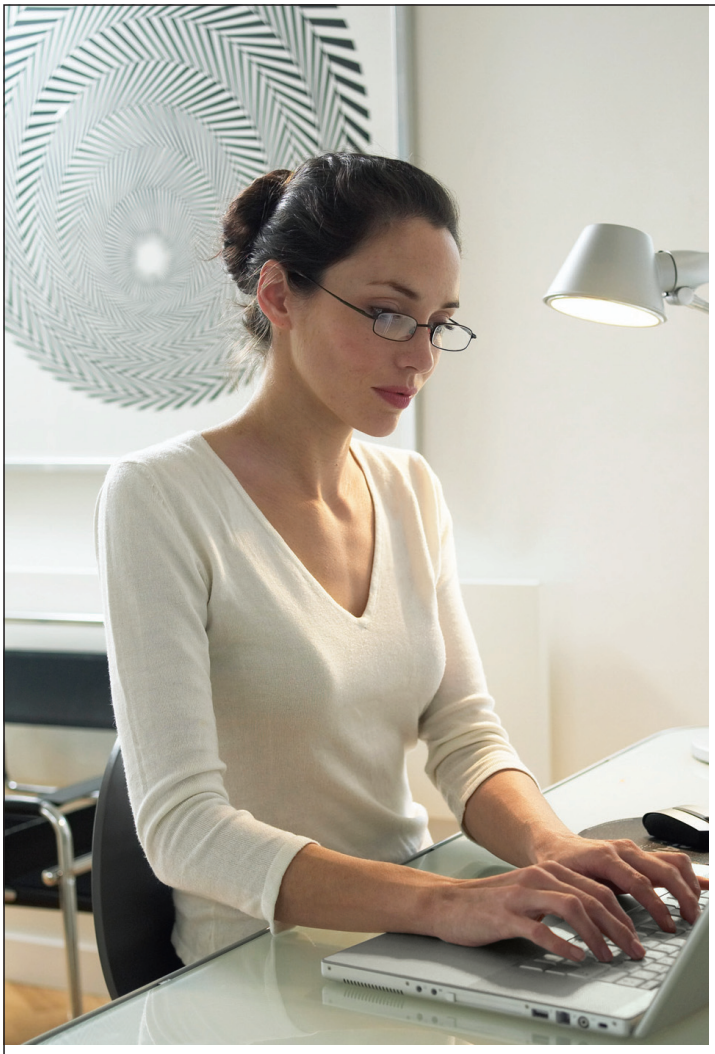

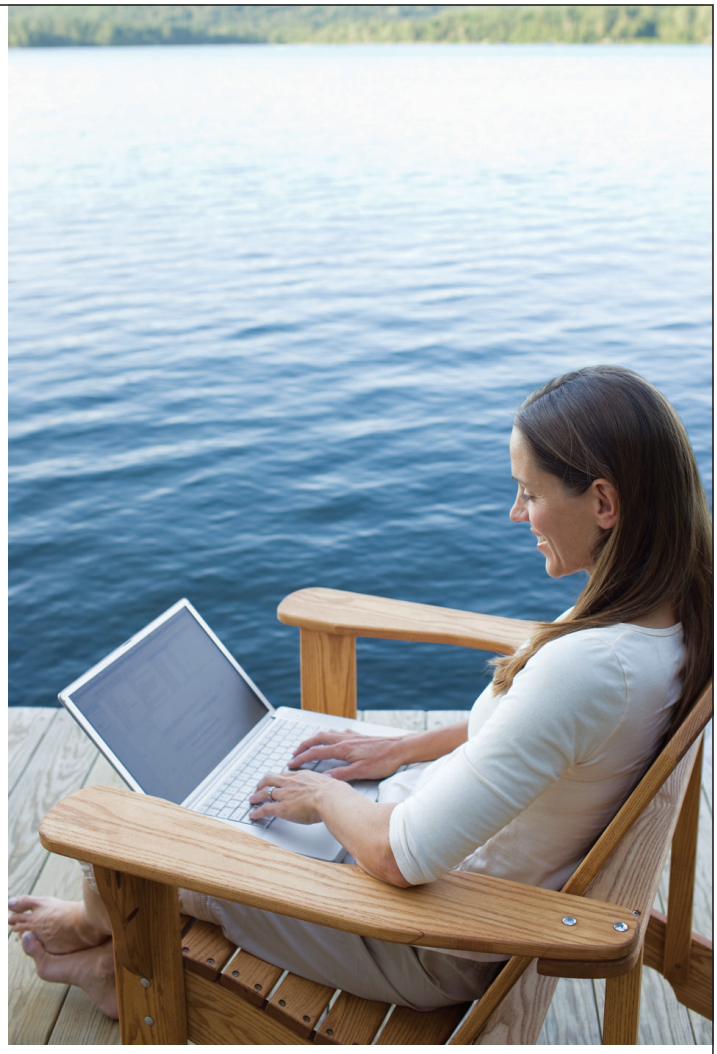

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Motion defeated, but Greenpeace claims victory

Greenpeace is claiming victory even though it has failed to force Norwegian energy giant StatoilHydro out of Alberta's oilsands. Greenpeace spokeswoman Jessica Wilson said a vote before Statoil's general meeting attracted enough attention to make the company's oilsands project a political issue in Norway. THE CANADIAN PRESS

Short supply for isotopes

Could delay medical tests

Patients in line for medical tests to diagnose cancer and heart ailments may have a longer wait as hospitals try to conserve a scarce supply of isotopes, doctors say.

The latest shutdown of an Atomic Energy of Canada Ltd. nuclear reactor at Chalk River, Ont. — which provides about half the global supply of isotopes used in medical imaging — is expected to last about a month.

Federally owned AECL says it has enough medical isotopes for the coming week, but will be unable to meet demand by Saturday.

THE CANADIAN PRESS

Diagnoses

- Radioactive isotopes are injected into patients so radiologists can pinpoint areas of higher radiation and spot changes in the body so they can make more accurate diagnoses.

News in brief

OILSANDS Canadian church leaders are going to take a hard look at how Alberta's oilsands are affecting aboriginals, communities and the environment. The Kairos ecumenical delegation will meet environmentalists, visit native communities and speak with industry workers during a week-long tour that begins today.

ECONOMY The former head of Quebec's pension fund manager says it was the global economic crisis more than its investment in asset-backed commercial paper that led to a $40-billion loss last year. Henri-Paul Rousseau says he never could have predicted when he left the top job at the Caisse de depot et placement in May 2008 that the markets would tumble that much.

THE CANADIAN PRESS

DAVE CHIDLEY/THE CANADIAN PRESS

Victoria (Tori) Stafford's father, Rodney Stafford, speaks alongside her mother, Tara McDonald, and brother Daryn earlier this week in Ingersoll. The family announced yesterday it was hiring a private investigator to help in the search for Tori, who has been missing since April 8.

Family hires private investigator

Tori Stafford's parents have agreed to take on the services of a private investigator in the search for their missing daughter.

Eight-year-old Tori was abducted April 8 and has not been seen after walking away from her school with an unidentified woman.

Rodney Stafford and Tara McDonald say they agreed to the unnamed investigator's help, but say it doesn't mean they have given up on police efforts.

PI donates time

- There are 100 police officers working on the case, but a private investigator offered his help free of charge, saying returning the missing girl would be a reward in itself.

Both Stafford and McDonald say they are scaling back daily news conferences to one a week so they can concentrate on distributing flyers at truck stops and border crossings.

A joint news conference last week with Stafford and his ex-wife McDonald descended into bickering, and they spoke to the media separately.

THE CANADIAN PRESS

No resolution at vaccine summit

Flu Outbreak

HEALTH A summit between flu vaccine makers and the heads of the UN and the World Health Organization produced no new concrete offers of donated vaccine, the WHO said yesterday.

While manufacturers acknowledged a global responsibility, at least one wanted to know who would pay for vaccine to be set aside for developing countries, a WHO spokesperson said.

To date, only one of the major manufacturers, British-based GlaxoSmithKline, has promised to make a contribution of the vaccine for influenza A (H1N1), also known as swine flu, to the WHO for distribution to countries that cannot afford vaccine.

WHO spokeswoman Melinda Henry played down the lack of progress, saying talks are ongoing.

The meeting brought executives of more than 30 vaccine-making companies to Geneva.

THE CANADIAN PRESS

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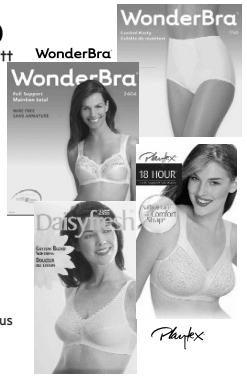

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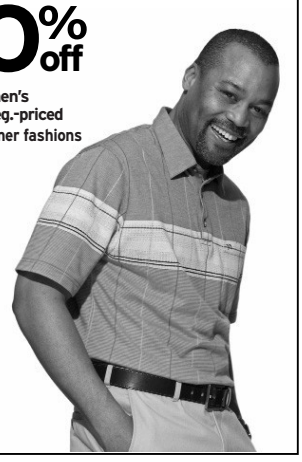

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Milwaukee police link seventh case to serial killer

Milwaukee police say DNA evidence has linked a seventh slaying to a serial killer who has been active in the area for more than two decades. Officials used DNA evidence to tie the deaths of six women — five of them prostitutes — to one person. THE ASSOCIATED PRESS

World

Clinton is UN envoy to Haiti

The United Nations named former U.S. president Bill Clinton yesterday as its special envoy to Haiti, with a mission to help the impoverished country achieve some measure of stability after devastating floods and other crises. Clinton is popular in Haiti, but the UN's peacekeepers have been widely criticized despite providing the country with its only real security for years. THE ASSOCIATED PRESS

Reaching out to minority

Sri Lanka's president declared his country "liberated from separatist terror" yesterday as state TV broadcast images of the Tamil Tiger rebel leader's body after it was recovered from the battlefield.

But in his victory address to parliament, President Mahinda Rajapaksa appeared to reach out to the minority Tamils. He also alluded to promises to forge a power-sharing agreement with them.

"Our intention was to save the Tamil people from the cruel grip of the (rebels). We all must now live as equals in this free country," he said.

TV footage showed a bloated body resembling the rebel leader, still dressed in a dark green camouflage uniform.

Prabhakaran's body was identified by Vinayagamoorthi Muralitharan, a former rebel commander known as Col. Karuna, who defected from the group and is now a government minister, the government said. THE ASSOCIATED PRESS

BRANGA JAYAWARDENA/THE ASSOCIATED PRESS

Sri Lankans celebrate the military victory yesterday over the Tamil Tigers, in Colombo, Sri Lanka.

Key facts about Sri Lanka

The government and Tamil Tigers have fought for 25 years

- PEOPLE: About 20 million: 74 per cent Sinhalese, 18 per cent Tamil, seven per cent Muslim. Most Sinhalese are Buddhists, while Tamils are predominantly Hindus or Christians.
- CONFLICT: Tamil rebels began fighting in 1983 for a separate homeland, accusing the majority Sinhalese of systematic discrimination. The main rebel group, the Liberation Tigers of Tamil Eelam, or LTTE, began as a guerrilla organization. By the mid-1990s, the LTTE had a conventional army that was able to fight the Sri Lankan military.
The group also used suicide bombs to kill prominent leaders, including former Indian prime minister Rajiv Gandhi and Sri Lankan president Ranasinghe Premadasa. The conflict killed at least 70,000 people.
- THE LAST BATTLE?: The government says it wiped out the rebels' top leadership on the battlefield Monday, ending the war. However, the group is widely believed to have sleeper cells around the country, an extensive weapons smuggling network and the support of Tamils abroad.

News in brief

INDONESIA One of the world's largest paper companies plans to clear a large swath of unprotected forest in Indonesia being used as a sanctuary for critically endangered orangutans, according to environmental groups working in the area. Singapore-based Asia Pulp & Paper has received a licence to clear hundreds of hectares of trees just outside the Bukit Tigapuluh National Park on Sumatra island, WWF-Indonesia and four other groups said yesterday.

EGYPT President Hosni Mubarak's grandson died abruptly, the Egyptian president's office said yesterday, declining to give a cause of the 12-year-old boy's sudden death. Mohammed Mubarak passed away Monday after a "health crisis lasting two days," the presidency said in a brief statement. State media reported he was flown to Paris for emergency treatment. Speculation has been rife in Egyptian media, including suggestions he died from a brain aneurysm, childhood leukemia or food poisoning. THE ASSOCIATED PRESS

Hamas left out of new Palestinian government

PARTY Palestinian President Mahmoud Abbas yesterday swore in a new government comprised mainly of members of his Fatah party, but without representation of bitter rivals from the militant Islamic Hamas group.

The move underlines the failure of attempts to bridge differences between the two movements, which have been negotiating to form a joint government that would reunite the West Bank and Gaza and open the way for renewed foreign aid.

Hamas official Mushir al-Masri rejected the new cabinet. "This government is illegal, unconstitutional and came with the blessing of the Zionist and American administrations, and it poses an obstacle on the way to national reconciliation talks." THE ASSOCIATED PRESS

Rule

- Hamas overran Gaza two years ago, expelling Fatah forces.
- The government sworn in yesterday will effectively only rule the West Bank.

Suspected crime chief held

ITALY Italian police arrested one of the country's "most-dangerous" fugitives in raids yesterday that netted 70 suspected members of the Naples-based Camorra crime syndicate.

Officers in the southern city of Caserta said they arrested Franco Letizia, 31, in a home in a nearby town. Letizia is accused of running extortion rackets and is the suspected chief of the Bidognetti crime clan. He had been on the run for more than a year. THE ASSOCIATED PRESS

The Hague **Jolie attends trial**

KIM VERMA/AYICC HO/THE ASSOCIATED PRESS

Movie star and activist Angelina Jolie is accompanied yesterday by chief prosecutor Luis Moreno-Ocampo during a visit to the International Criminal Court in The Hague, Netherlands. Jolie, who attended the trial of Congolese warlord Thomas Lubanga charged with using child soldiers, paid tribute to the former child soldiers who will testify at the trial.

Shuttle releases repaired Hubble

SPACE Atlantis' astronauts gingerly dropped the Hubble Space Telescope overboard yesterday, sending the restored observatory off on a new voyage of discovery after five days of repairs and upgrades. It will never be seen up close by humans again. Sometime after 2020, NASA will send a robotic craft to steer it back into the atmosphere and a watery grave. THE ASSOCIATED PRESS

Gitmo closing on track: Pentagon

PRISON The Pentagon said yesterday it still expects the U.S. prison camp at Guantanamo Bay to be closed by January 2010 as ordered by U.S. President Barack Obama.

Republicans in Congress contend the prison should remain open until there are solid plans for where to send the 241 detainees being held there. THE ASSOCIATED PRESS

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The Man Who Made the Whole Town Lose Weight

In the small town of Alesund in Norway, many of its residents began eating a common plant that made over 1,500 of them lose weight! It all began in 2006 when a customer of Johnny Pettersen, a local health food store owner, asked him for advice on how to eliminate sugar cravings.

"I gave my customer mulberry leaf tablets because mulberry is known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. And it worked very well. I started recommending mulberry to many customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar, insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leaves also lead to lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories."

The 10-day diet

When Pettersen increased the dosage, recommending two mulberry tablets before each meal, he found that his customers not only controlled their sugar cravings, but also lost significant amounts of weight.

"I recommended that customers follow the programme for a minimum of 10 days in order to eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a 'sugar high' if they want to stay slim. Taking mulberry leaves, my customers changed to a healthier diet without even noticing it — they simply didn't crave sugar."

1500 people lost weight

After the success of the first customers, word travelled fast. In the last 12 months Pettersen has worked with over 1,500 customers in Alesund and the surrounding area. He feels that his simple and natural mulberry formula has been a tremendous success.

He concludes, "Once my customers try mulberry leaves, they come back, often with friends and family, and buy several packages. It is rewarding because I see them coming back happy, healthy and slimmer."

MULBERRY - A BREAKTHROUGH!

For centuries, the Japanese culture, which is known for having a long life and a slim, healthy physique, has enjoyed the benefits of mulberry leaves. We now know from clinical studies how mulberry leaves regulate blood sugar levels. For dieters, this means a lower production of insulin after eating carbohydrates. Insulin is responsible for storing excess calories as fat and for shutting down fat burning. Too much insulin is a dieter's worst enemy!

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47-million-year-old skeleton
Scientists yesterday displayed the skeleton of a 47-million-year-old creature found in Germany. THE ASSOCIATED PRESS

Two-edged sword

Obama outlines auto emissions standards

U.S. President Barack Obama's plan to curb vehicle emissions is a double-edged sword for Canada — while Ottawa gets the universal standards it was hoping for, automakers will have to meet costly new regulations four years earlier than expected.

Obama yesterday outlined his administration's bold plan to end dependence on overseas oil by curbing vehicle emissions, calling the initiative a historic turning point toward a "clean-energy economy."

"As a result of this agreement, we will save 1.8 billion barrels of oil over the lifetime of the vehicles sold in the next five years," said Obama.

Costlier cars

- The new regulations will cost consumers an extra $1,300 US per vehicle by 2016, although Barack Obama said savings at the pumps will offset the higher price of vehicles in three years.

The plan effectively ends a feud between the Big Three automakers and state legislatures over emission standards as the car companies get the single national standard they've been seeking.

The new national standard roughly mirrors the proposed California clean car standards — cutting global warming emissions approximately 30 per cent by 2016, four years earlier than the original deadline of 2020. THE CANADIAN PRESS

U.K. Parliament speaker quits

EXPENSES The powerful speaker of Britain's House of Commons resigned yesterday because of a backlash over excessive expense claims by legislators, marking the first time in three centuries a British Parliament speaker has been forced out.

Though Michael Martin has not been caught up in recent revelations about expenses — reimbursements for chandeliers, moat cleaning and mortgage payments have outraged taxpayers — he was blamed for creating a climate in which such excesses were allowed.

THE ASSOCIATED PRESS

COLIN PERKEL/THE CANADIAN PRESS

Lt.-Col. Carl Turenne, in charge of more than 400 Canadian soldiers at the reconstruction team compound in Kandahar, addresses his troops yesterday in Kandahar, Afghanistan.

News in brief

CREDIT The U.S. Senate voted 90-5 yesterday to prohibit credit card companies from arbitrarily raising a person's interest rate and charging many of the exorbitant fees that have become customary — and crippling — to cash-strapped consumers.

SOMALIA Witnesses said yesterday that Ethiopian troops had crossed the border into war-ravaged Somalia and appeared to be stationing themselves in Kalabeyr, a town at a strategic crossroads some 20 kilometres from the border. Ethiopia denied the reports.

THE ASSOCIATED PRESS

Canada hopes model villages will win Afghan hearts, minds

MISSION Canada's reconstruction mission in southern Afghanistan is poised to embark on a new phase with efforts focused on normalizing small population centres on the five main approaches to Kandahar, the second-largest city.

The aim is to create "model villages" where normal daily and economic activity can flourish in a secure environment and the reach of the central Afghan government is felt, unlike in so many of the existing communities that dot the war-ravaged province.

"We can't be everywhere at once," said Lt.-Col. Carl Turenne, who commands more than 400 soldiers at Camp Nathan Smith. If successful, he said, the approach would render the insurgency "irrelevant."

The idea is simple: Identify suitable small villages on the main thoroughfares in and out of the city where coalition support is strong, establish a secure perimeter and then embark on a concerted campaign to win over the hearts and minds of villagers. THE CANADIAN PRESS

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Comment & Views

Comment

Whack a seal, it's our right

Defending our annual stupidity celebration

TheWestView

As the beer commercial goes: I am Canadian.

And as such, I suppose, it's my patriotic duty to defend our annual celebration of stupidity, the Atlantic seal hunt.

OK, here goes.

The first thing you should know is that this so-called annual slaughter targets only a tiny percentage of the 5.5 million harp seal population, just a quarter of a million of the cutest and most defenceless.

Keep in mind as well that sealers can no longer target "babies." Now they have to wait until the seals are "mature:" 12-15 days old and beginning to moult. This corresponds with the time the baby seals are abandoned by their mothers. "Hi kid. Abandoned by your mom? Welcome to the real world. Whack!"

I must, on behalf of the 6,000 sealers who make their livings whacking baby seals, protest the European Union's ban on seal pelts, passed May 5. Obviously, because the Europeans kill animals (and what about those bull fights, eh? Eh?), they have no right to get all self-righteous about the seal hunt. Don't they realize the hunt is strictly regulated and humane?

At least as humane as it can be, considering it apparently requires the use of something called a "hakapik," which looks exactly as it sounds, and that the "mature" seal has absolutely no means of escape, except to close its big, impossibly adorable eyes, and wonder what happened to mom.

"Obviously, because the Europeans kill animals they have no right to get all self-righteous about the seal hunt."

And those European dilettantes should respect the grand tradition that accompanies the whacking of baby seals.

Our Inuit friends have been whacking same since before recorded history and our noble maritime fisher guys have been at it for more than 400 years.

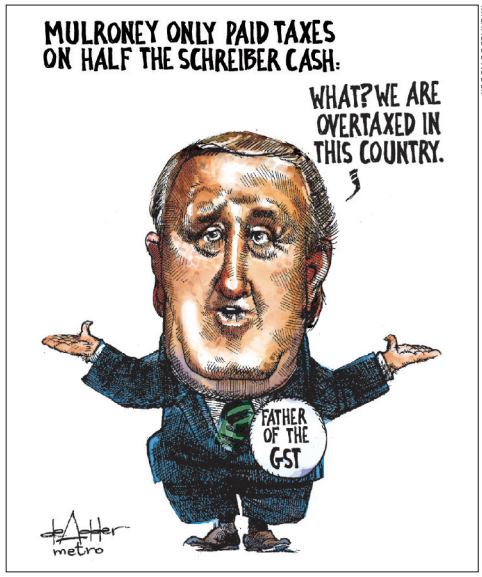
And surely that is one of the great lessons of history: The longer a brutal, pointless practice endures, the less pointless it becomes, but I'm not sure I want to go there just now.

Let's remember the annual seal whackathon brings 30 million badly needed dollars to the Atlantic economy. When you consider that $30 million about covers the cost of the commodes at the new $1 billion Vancouver convention centre, you have some idea of the epic scale we're dealing with here. Of course, we could just give the Newfoundland sealers 30 million bucks and a gift coupon for Tim Hortons and tell them to stay home, but where's the dignity?

Who are we — effete, urban snobs who eat veal probably — to tell the noble sealers to forgo their storied traditions and stop whacking and hakapiking baby, er, mature seals to death?

We simply don't understand, do we?

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



MICHAEL DE ADDER

Online Chatter

The sunnyside of life shines on the web

Re: What's your favourite thing about your city?

The people are friendly and interesting. The bars aren't too shabby either. And the water, can't beat it.

Tweet by @BradFraser @metrocalgary

Re: What's your favourite thing about your city?

My favourite thing about Ottawa is how clean and family oriented it is.

Tweet by @kevinrbourne @metroottawa

Re: What's your favourite thing about your city?

Parliament Hill. The sight of it never gets boring.

Tweet by @ReelRoula @metroottawa

Re: What makes you smile?

Tulips blooming makes me smile.

Tweet by @smileycdngerl @metrotoronto

Follow Metro on Twitter for news updates and more: @metrotoronto

Re: What's your favourite spot in your city?

The forest trails in High Park and the distillery.

Tweet by @giddyupsales @metrotoronto

Kudos to @metrotoronto, Metronews.ca, for focussing on the bright side of life in Canada in today's news vs the gloom you see in most papers.

Tweet by @loftsellers @metrotoronto

Re: What's your favourite thing about your city?

The people and our spirit!

Tweet by @DebraWard @metroedmonton

What's your favourite thing about your city? Let us know! #sunnyside (fave thing about your city)

Word on the street: Where is your favourite spot in the city to people watch and why?

Rebecca Zhao
Toronto

A: We go to the Beaches, there are a lot of people around there.

Thomas Spivak
Toronto

A: The boardwalk (the Beaches), it's where we tend to take the dog, but we're not much of people watchers, we're strollers.

Anneke Garnette
Toronto

A: Queen Street on the weekends, this section here (Leslieville), is actually pretty good. People actually get dressed for the weekend, so it's nice to see that.

Dan Barnholden
Toronto

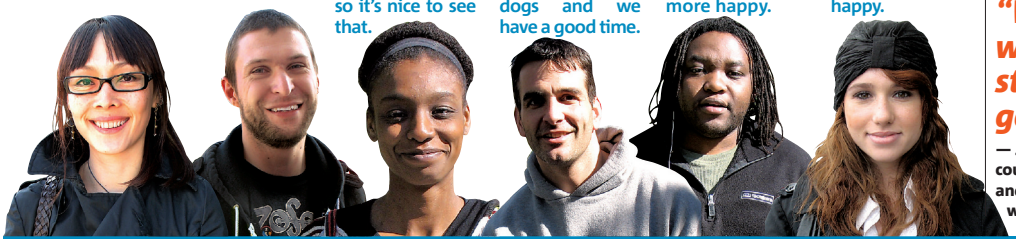
A: Jimmy Simpson park, I take Gibson (my dog) there, we go there every morning and most evenings. He plays with all the dogs and we have a good time.

Fred Shayoneshi
Toronto

A: I like Ashbridges Bay. I often spend time there. It's windy and usually people who are there tend to be more happy.

Mairin Ticcinin
Toronto

A: I would have to say at the Second Cup (Danforth), because there's so many families that walk around here and they're always happy.



Quote of the Day

"Why are we arguing about who has their hands on the steering wheel of a car that's going to be sold in 60 days?"

— Judge Redfield T. Baum commenting in a U.S. bankruptcy court yesterday. Baum is ordering mediation between the NHL and Phoenix Coyotes majority owner Jerry Moyes to settle who controls the hockey team.

Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Marks & Spencer cuts dividend

British food and clothing retailer Marks & Spencer said it was cutting dividend payments after profit fell 38 per cent. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Businesses keeping bankruptcy at bay

SunnySide

The ability of Canadian businesses to survive the worst recession in decades is giving hope that the rebound from current massive job losses will be stronger than expected.

One of the biggest surprises of the downturn — unique to Canada — is that as the economy has slumped, the number of businesses declaring bankruptcy has also declined.

This has hardly ever happened before and although Canada is only seven months into a recession expected to last another half-year, it suggests the corporate destruction of past recessions won't be a major factor this time.

The CIBC notes that bankruptcies were down 4.4 per cent in March over the previous year.

And during the first three months of 2009 — the worst downturn in recorded history dating back to 1961 — corporate bankruptcies were down by a whopping 14 per cent on a year-over-year basis.

The report says rather than going insolvent, businesses have managed to cut costs by laying off workers, accounting for the steep rise in unemployment since October.

This bodes well for the recovery, it adds, because it will be easier for existing businesses to rehire laid-off workers than to depend on new start-ups to take up the labour market slack.

THE CANADIAN PRESS

33 Canada Mortgage and Housing Corp. projected the recession will cause housing starts to fall 33 per cent this year to 141,900, but predicted that building will edge up in subsequent years — although not to the 200,000-plus rates seen in the past years.

In brief

DANNY JOHNSTON/THE ASSOCIATED PRESS

Home Depot said yesterday its first-quarter profit climbed 44 per cent on fewer charges, beating Wall Street's expectations despite lower sales.

REVENUE Alegro Health Corp., which provides medical, surgical and disability management services, says its first-quarter revenue was up 14.5 per cent compared with the same time last year. METRO NEWS SERVICES

Canadian PC market expected to go back to positive in 2010

COMPUTERS The Canadian market for personal computers fell in the first quarter and the remainder of 2009 doesn't look optimistic, says IDC Canada.

Unit volumes in the first quarter were down 14 per cent over last year to reach 1.3 million desktops, laptops and netbooks shipped in Canada, IDC says.

The Toronto-based market research firm says netbooks continued to garner a larger share of the overall market for portable PCs due to their lower price, but the growth rate levelled off in the quarter.

IDC says the PC market should go back to positive growth in 2010.

THE CANADIAN PRESS

Nokia to lay off more workers

JOBS Nokia Corp. said yesterday it will lay off 170 workers worldwide to further cut costs as the global downturn weakens demand in the mobile phone industry. The job cuts will not affect production employees at Nokia's mobile device manufacturing facilities it said.

Nokia said it will also offer buyouts to 320 employees at its plant in Finland after a similar program for 1,000 global employees proved popular.

THE ASSOCIATED PRESS

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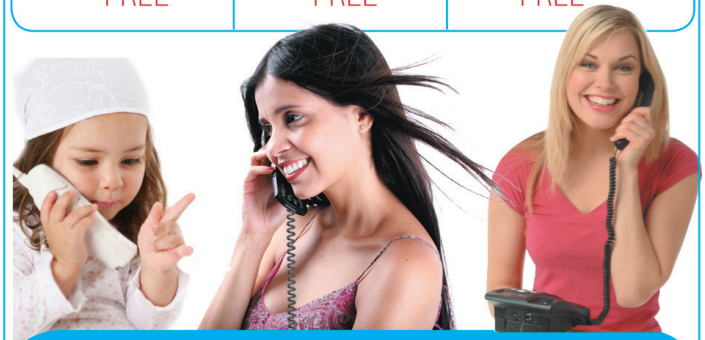
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Steeler to skip White House

Pittsburgh Steelers linebacker James Harrison will skip the Super Bowl champions' White House visit with U.S. President Barack Obama tomorrow. Harrison will bypass the traditional ceremony, just as he did when the Steelers were honoured by former president George W. Bush at the White House in June 2006. METRO NEWS SERVICES

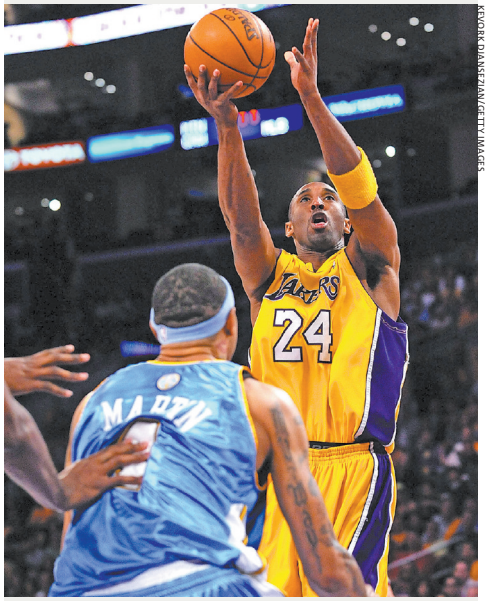
Sports

Julien honoured

Boston Bruins head coach Claude Julien, left, has been named NHL Coach of the Year by the Sporting News. Julien led Boston to the top of the Eastern Conference standings this season, posting a record of 53-19-10 while racking up 116 points in just his second season in Beantown. The Sporting News chose Julien after compiling votes by 39 coaches and executives from throughout the league. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

NBA Kobe drives to K-Mart



KEVORK DJANSEZIAN/GETTY IMAGES

Kobe Bryant of the Los Angeles Lakers goes up for a shot over Kenyon (K-Mart) Martin of the Denver Nuggets last night during Game 1 of the Western Conference final. For a complete game recap, visit metronews.ca/sports.

Jays knocked off by Sox

MLB RESULTS

Toronto 1 Boston 2

David Ortiz went hitless in his return to the Boston lineup, and the Red Sox got their offence from the bottom of the order instead last night to help Tim Wakefield beat the AL East-leading Toronto Blue Jays 2-1.

No. 8 hitter Jeff Bailey singled in a run and No. 9 hitter George Kottaras, from Markham, drove in the other with a sacrifice fly as Wakefield (5-2) held Toronto to one run on five hits over eight innings. The knuckleballer gave up a solo homer to former teammate Kevin Millar, but no other Blue Jays made it as far as third base.

Jonathan Papelbon pitched the ninth for his 11th save in 11 chances.

Brian Tallet (2-2) allowed two runs on four hits over six innings, walking two and striking out five.

ELISE AMENDOLA/THE ASSOCIATED PRESS

Toronto shortstop Marco Scutaro bobbles a grounder by Boston's Jacoby Ellsbury before throwing out Ellsbury last night at Fenway Park in Boston. The Red Sox beat the Blue Jays 2-1.

Ortiz, who got a weekend off to try to snap out of a slump, returned to the lineup, but went 0-for-3 with a walk and saw his batting average drop to .203. The slugger, who hit 54 homers in 2006, has not homered in 147 at-bats dating to last September — the longest slump of his career.

The crowd gave him a tepid cheer for each of his first three plate appearances, but rose with a "Papi!" chant when he came to bat with a runner on first in the eighth.

He struck out.

Wakefield had won four straight starts before allowing a season-high seven runs on 11 hits against the Los Angeles Angels last Wednesday.

THE ASSOCIATED PRESS

Mediation ordered for Coyotes, NHL

NHL A Phoenix judge is sending the NHL and Coyotes majority owner Jerry Moyes to mediation to settle who controls the NHL team.

Judge Redfield T. Baum made the decision during a bankruptcy hearing yesterday.

Coyotes majority owner Jerry Moyes argues he has the right to put the NHL team into Chapter 11 bankruptcy and wants to sell it to Canadian billionaire Jim Balsillie.

The league has argued in court documents that Moyes gave up control of the team in November after getting a cash advance from the NHL to help keep the team afloat.

THE CANADIAN PRESS

Red Wings take Game 2 in OT

Stanley Cup 2009 Playoffs

(Detroit leads series 2-0)

Chicago 2 Detroit 3 (OT)

HOCKEY Mikael Samuelsson scored 5:14 into overtime, lifting the Detroit Red Wings to a 3-2 win over the Chicago Blackhawks last night and a 2-0 lead in the Western Conference final.

Chris Osgood made 37 saves for the defending Stanley Cup champions. Game 3 is Friday night in Chicago.

Jonathan Toews' second goal of the game with 7:40 to go in regulation pulled Chicago into a 2-2 tie.

Toews gave Chicago the lead midway through the first period, but Brian Rafalski got Detroit even later in the frame. Dan Cleary made it 2-1 early in the second.

Nikolai Khabibulin stopped 35 shots for the Blackhawks.

DAVE SANDFORD/GETTY IMAGES

Chicago's Ben Eager, right, checks Detroit's Niklas Kronwall into the boards last night during Game 2 of the Western Conference final. Detroit won the game 3-2 in overtime.

THE ASSOCIATED PRESS

L.A. Clippers win NBA draft lottery

NBA The Los Angeles Clippers have won the NBA's draft lottery and own the No. 1 pick in next month's draft.

The Clippers moved up from the third-best chance last night to earn the top pick for the third time, earning the right to draft All-America forward Blake Griffin of Oklahoma, the national college player of the year.

Memphis vaulted to second and Oklahoma City will pick third.

Sacramento, which had the best chance to win the lottery after finishing with a league-worst 17-65 record, fell to fourth, and Washington dropped to No. 5 from second.

The Toronto Raptors didn't move up or down in the lottery and will draft ninth.

THE ASSOCIATED PRESS

SCOREBOARD

MLB

YESTERDAY'S AL RESULTS
Boston 2 **TORONTO** 1
Detroit 4 Texas 0
N.Y. Yankees 9 Baltimore 1
Oakland 4 Tampa Bay 1
Kansas City 6 Cleveland 5
Minnesota at Chicago White Sox
L.A. Angels at Seattle

YESTERDAY'S NL RESULTS
Atlanta 8 Colorado 1
Pittsburgh 8 Washington 5
Arizona 5 Florida 3
Philadelphia 4 Cincinnati 3
Milwaukee at Houston
St. Louis 3 Chicago Cubs 0
San Francisco at San Diego
N.Y. Mets at L.A. Dodgers

TODAY'S AL GAMES
TORONTO at Boston
Texas at Detroit
Baltimore at N.Y. Yankees
Oakland at Tampa Bay
Cleveland at Kansas City
Minnesota at Chicago White Sox
L.A. Angels at Seattle

TODAY'S NL GAMES
Pittsburgh at Washington
Colorado at Atlanta
Arizona at Florida (Gm 1)
Arizona at Florida (Gm 2)
Philadelphia at Cincinnati
Milwaukee at Houston
Chicago Cubs at St. Louis
San Francisco at San Diego
N.Y. Mets at L.A. Dodgers

NHL

YESTERDAY'S RESULTS
Detroit 3 Chicago 2 (OT)

THURSDAY'S GAME
Carolina at Pittsburgh

FRIDAY'S GAME
Detroit at Chicago

NBA

YESTERDAY'S GAME
Denver at L.A. Lakers

TODAY'S GAMES
Orlando at Cleveland

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Torch not for toking

VANCOUVER 2010 Games

All hail — or inhale — the 2010 Olympic Torch.

Or, as it's jokingly known around Vancouver, the Olympic Toke.

Composed of stainless steel, aluminum and sheet moulding, the torch was designed to invoke snow, ice, skiing and skating, but to many, the metre-length white torch looks suspiciously like a marijuana joint, especially when lit.

That the torch bears a resemblance to Vancouver's biggest cash crop was evident right away to Jodie Emery, editor of Cannabis Culture magazine.

"A lot of people come to Vancouver because it's marijuana-friendly so I think people who already enjoy a joint themselves will feel a little more kinship to the Olympics," said Emery, who ran this month as a Green Party candidate in the provincial election.

The torch officially is meant to resemble the lines left behind by skiers and skaters on snow and ice.

Any double — or doobie — entendres, officials say, are purely unintentional.

TORSTAR NEWS SERVICE

Superdome to host Super Bowl again

NFL New Orleans is a Super Bowl city again.

NFL owners voted yesterday to play the 2013 Super Bowl in New Orleans, the first time the championship game will be played there since hurricane Katrina shredded parts of the Louisiana Superdome. The hurricane caused 1,600 deaths and devastated the Gulf Coast four years ago.

New Orleans beat out Miami — which sought a record 11th Super Bowl — and 2008 host Glendale, Ariz., for the game. This is the 10th time New Orleans will be the site for the Super Bowl.

New Orleans last hosted in 2002, when Adam Vinatieri's 48-yard field goal as time expired lifted New England over St. Louis.

THE ASSOCIATED PRESS

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Metro Workology exclusive: Head to Toe

In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

Exam time

It's crunch time. Final exams are only a few short weeks away for high school students across the GTA. And knowing that they have a very limited amount of time to end the year on a high note can leave students and their parents feeling stressed, anxious and frustrated. Sylvan Learning — a leading provider of in-centre and live, online tutoring — understands the challenges students face and can help, see Educate.com for more. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

'A detective of human injury'

Physiotherapists can help injured people live better, fuller lives

Head to **Toe**

RAFAEL BRUSILOW
for Metro Canada

When injuries happen, physiotherapist Victor Vongphakdy goes on the case to figure out what went wrong and why.

The 27-year-old physiotherapist who serves clients at the Physiomed clinic in Brampton, Ont., finds the intellectual challenge of his job refreshing because it requires a strong understanding of not only how the body works but how exactly things can go wrong.

"I like to call myself a detective of human injury. I have to deduce from a wide spectrum of what clients may have and bring it down to an accurate diagnosis," Vongphakdy said.

Lower back and neck pain tend to be the most common injuries Vongphakdy sees, with a wide variety of sports injuries also topping the bill. Once he diagnoses the problem, Vongphakdy sets up a rehabilitation program and designs a training regimen aimed at strengthening the body in the right places to prevent a similar injury from happening in the future. He believes in educating clients about their bodies to help keep them out of the clinic by training their bodies to match their physical demands.

RAFAEL BRUSILOW/FOR METRO CANADA

RAFAEL BRUSILOW/FOR METRO CANADA

Physiotherapist Victor Vongphakdy poses with a model of the human spine, left. After he's figured out the cause of injury a patient has suffered, he designs a rehabilitation program for them, right.

"The amount of stress that people demand from their bodies is often more than their inherent muscle strength can handle. Education is key to winning the battle," he said.

Vongphakdy holds a Bachelor of Science degree in Kinesiology as well as a Masters in Physical Therapy and says his background in science gave him a head start in his field.

"I like to call myself a detective of human injury. I have to deduce from a wide spectrum of what clients may have and bring it down to an accurate diagnosis."
Physiotherapist Victor Vongphakdy

"My background in Kinesiology gave me a huge advantage because of my exposure to the sports field and knowledge of the basics of training and muscle fatigue," he said.

With plenty of face-to-face interaction with the clients he helps, Vongphakdy says it's easy to find satisfaction in his work.

"I love my job. When I come to work I'm interacting with people, I'm using my brain and I'm getting people better. It's completely satisfying," Vongphakdy said.

An avid sports lover himself, Vongphakdy finds the most satisfaction in helping active people reclaim the ability to do those things they loved doing before getting injured.

"Being able to bring people back to activities that they love that they couldn't do before coming in, that's what drives me. It makes want to get them there because I share that passion," he said.

For more of the Head to Toe exclusive series check Workology frequently or stop by:
metronews.ca/work

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Metro Workology exclusive: Head to Toe
In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Finding food that's the best fit for you

Head to **Toe**

BRIAN COULTON
for Metro Canada

LINI CAMPBELL PHOTO

When it comes to healthy eating, "cardboard-flavoured" need not be a food qualifier when making nutritious additions to nosh on.

"Most people think I'm going to make them totally change their diet and make them eat salad and weird health foods all the time," said Aviva Allen with a laugh, "but that's not the case."

Allen is a registered holistic nutritionist, operating out of the Toronto-based Pande Family Wellness Centre. Not working in a hospital is what separates her from standard dieticians, their work usually involving "figuring out how much to feed someone through a tube," she said.

"A holistic nutritionist is looking at the whole person. It's not just about how many calories or fat grams someone's eating. It's about the larger picture and the quality of the food — how it's grown and processed."

But Allen's focus wasn't always on food. She started out in the skin-care industry and shifted to nutrition when she realized that creams just don't seem to cut it. "Most of what's happening on people's skin is a reflection of what's happening on the inside — what they're putting into their body, stress and hormones," she said.

Today, Allen tends to clients struggling with digestive issues, weight loss and gain, high cholesterol, low energy and meal planning, among other ailments.

"Most people think I'm going to make them totally change their diet ... but that's not the case." Nutritionist Aviva Allen

Her method is informed by prior stints tilling the land on an organic farm in Connecticut and studying at a mostly-vegetarian chef-training program in New York. But her nutritionist certification came from the Canadian School of Natural Nutrition, which has locations in five provinces and also offers courses through distance education.

Nutritional consulting is not regulated in Canada, although there are informal bodies like the International Organization of Nutritional Consultants that aims to establish educational requirements in the field. Since practitioners in the profession may vary in how they treat their clients, it's Allen's approach she said makes her practice unique.

"With a lot of health practitioners ... you can often walk away with a list of foods to avoid."

But it's the short-term commitment Allen said clients make to such exclusions that fails to help them in the long run.

"It should be long term, so you've got to make the changes slowly if you want it to stick. I will introduce people to new foods ... good-tasting foods that are also healthy. By introducing the healthy foods into your diet, eventually they'll cut out the bad ones."

You can reach Allen at her website, avivaallen.com.

For more of the Head to Toe exclusive series check Workology frequently or stop by: **metronews.ca/work**

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CORRECTION NOTICE

On Wednesday, May 13, 2009, Metro published an ad for Algoma University which stated that Second Career Ontario Funding is available for courses at Algoma's Brampton Campus (which is, in fact, not the case).

Metro apologizes for its error and regrets any confusion that it may have caused.

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Worried about being let go? Here are some things you should know

WorkplaceLaw

Daniel Lublin

Metronews.ca/workplacelaw

"Criticism may not be agreeable, but it is necessary."

–WINSTON CHURCHILL

This is as true in law as it is in life, except that in employment law there is always an exception. Here is a sampling of some of the questions my readers frequently ask and the answers I often provide.

Performance appraisals: Can a poor appraisal be used against you? When assessing merit, your appraisals matter. When assessing severance, they are generally irrelevant. Therefore, stars and incompetents should receive the same payouts. This is because poor performance is rarely cause for dismissal. Similarly, there is no such concept as "near cause," which means that there is no correlation between your level of performance, or lack thereof, and the quantum of severance you will ultimately receive. If you are fired and it relates to performance, you should receive the same severance as if did not.

Letters of reference: There is no entitlement to a letter of reference, no matter how long or commendable your service was. However, the refusal of an employer to provide one can be grounds for additional severance. This is because there is an obligation to assist you in finding another job. If your employer deliberately departs from that standard and your period of unemployment has been extended, a court may intervene.

Restrictive covenants: Very few employees will be held to a non-compete agreement, no matter how appropriately the clause was drafted. This is because, outside of a few key individuals, it is unfair for employers to prevent former employees from working where and for whom they so desire.

What about non-solicitation clauses? These are a different story. Courts have consistently upheld agreements not to solicit former clients or employees after you leave, despite how important you may or may not have been.

Employment contracts: If there is a written contract, it must meet a number of tests. The employee must, at least, have been given the opportunity to negotiate or those terms that are punitive may not be enforced later on. This rule also applies during the course of employment, except that something of greater value must also be offered, such as a raise or a promotion. Otherwise, the courts have reasoned, an employer could unilaterally impose new terms, and an employee would be left without the leverage to negotiate or refuse.

Resignations: A voluntary resignation can be a double-edged sword. If you provide advance notice of your resignation and your employer immediately asks you to leave, you are entitled to pay for the period of time you were prepared to work. However, if you immediately leave without providing notice of your resignation, your employer may be entitled to pay for the period of advance notice that you ought to have provided.

Policy manuals: An employer's strict reliance on the terms and conditions in a policy manual can sometimes be a sham. Rules and regulations found in manuals are only valid to the extent they are known, have been properly distributed, previously relied upon or expressly agreed to. Judges have found that, if an employment contract cannot generally be altered after employment begins, the same rule should extend to policy manuals. Few employers will agree — but in court, a case is never open and shut.

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@toronto-employmentlawyer.com.

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Mohawk wants Brantford campus relocated downtown
A task force has been set up to investigate the feasibility of relocating Mohawk College's Brantford campus to the city's downtown, which is a high priority for the institution. METRO NEWS SERVICES

Weight gain a growing concern in U.S.

The economy may be contributing to the expanding waistlines of U.S. workers as one-in-10 report increased snacking during the day due to concerns over the current economic situation.

Overall, 43 per cent say they have gained weight in their current jobs, according to a new CareerBuilder survey.

A quarter of employees report they have gained more than ten pounds and 12 per cent say they gained more than 20 pounds while in their present positions. Comparing genders, women are more likely (48 per cent) than men (39 per cent) to say they have gained weight at their current jobs.

"Weight gain in the office is common and is a result of a variety of issues including today's economic stress and poor eating habits," said Rosemary Haefner, vice president of human resources for CareerBuilder.com. "Making little adjustments to your routine, such as bringing your lunch to work, getting up from your desk during the day, and walking instead of driving or taking public transportation will help curb some of your financial worries, while making you healthier."

Eating habits can often be a culprit in workplace weight gain. Nearly two-in-five (39 per cent) employees surveyed eat out for lunch twice or more per week, making it difficult to control portions and calorie intake.

In addition, 12 per cent buy their lunch out of a vending machine at least once a week.

Snacking can also be a slippery slope for those trying to cut back on calories, as two-thirds (67 per cent) of employees surveyed snack at least once a day, including 24 per cent that snack twice a day.

One of the ways employees can cut back on workplace weight gain is by heading to the gym during lunch hour, but according to the survey, only nine per cent of employees work up a sweat in the middle of the day.

More employees may be inclined to take advantage of gym facilities during lunch and outside of work, though, as 25 per cent of companies now provide gym passes, workout facilities or wellness benefits.

Haefner recommends the following tips for fending off workplace weight gain:

- Allow enough time in your morning for a balanced breakfast: While 23 per cent of workers say they eat breakfast at their desks each day it may make more sense to try to have breakfast before coming to the office. That way you can prepare something healthier and actually finish it before having to start answering the phone or responding to emails.
- Drink plenty of water: Often a snack craving can be mistaken for dehydration. Be sure to keep water or another healthy beverage at your desk throughout the day so that you can hydrate freely.
- Keep track of your eating: Experts say that when you see what you are actually eating, you will be more inclined to make adjustments to your eating habits and become healthier.
- Add movement to your routine: Especially in this economic environment, every little bit of activity helps, so take the stairs to your floor, walk over to co-workers instead of calling or emailing them and get off the train or bus one stop further from your home or office to get a few extra minutes of exercise.
- Control your stress: Added pressure can fuel poor eating habits, as you can tend to overeat or make inadequate food choices.

METRO NEWS SERVICES

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Volvo's free game
Volvo will release a free racing game developed with Swedish video game specialists SimBin. Users can virtually pilot the Volvo S60 concept or five Volvo racing legends in the game. METRO NEWS SERVICES

Metro Drive

Costliest bid

A 1957 Ferrari 250 Testa Rossa has set a new world record for the most expensive car ever sold at auction, costing the buyer $12.15 million US, according to RM Auctions, which organized the event Sunday in Maranello, Italy. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

TSX opens door to luxury

Acura model keeps sporty feel despite many refinements

ROB BEINTEMA
for Metro Canada

The new 2009 Acura TSX is an upscale sports sedan with many new features inside and out.

Who says it can't be fixed if it ain't broke?

When the new 2009 Acura TSX debuted, it delivered on the promise of a bigger and better TSX.

And those two qualities don't always go together.

In fact, when the original TSX was unveiled in 2003, I remember Acura making much of the fact that the car was based on the European Accord platform, not Honda's domestic version.

The European version of the Accord was smaller, lighter and tighter, with a platform tuned for the sporty character, taut suspension and handling engendered by the narrower, twisty roads of the Old World.

So designers had to be careful not to mess with the TSX's persona and strategic positioning within the lineup, while still trying to make the second-generation car roomier, more agile and more responsive.

The 2009 TSX evolution starts with a wider, more aggressive stance. Overall body-width has increased 78 mm and the track dimensions are 65 mm wider than the outgoing model. The TSX has also been stretched in the other direction, riding on a 35 mm longer wheelbase and the car itself is 66 mm longer. That translates into a larger platform with smoother, more planted handling feel along with a corresponding increase in exterior dimensions and interior space.

Acura has tweaked the performance and emissions of the 2.4-litre all-aluminum DOHC i-VTEC inline 4-cylinder engine that produces 201 hp and 172 lb-ft of torque. That doesn't sound like much of an improvement at first — the horsepower is actually down from the 205 hp rating of the 2008 model. Torque is up 8.0 lb/ft (170 lb/ft in the automatic), but more importantly, the useable power is available across a much wider rpm range, while the five percent increase in torque is designed to strengthen the engine's pulling power at middle rpm levels.

Fuel economy is rated at 9.6/6.5/8.2L/100 km (city/hwy/comb), in the automatic, as tested.

Two transmissions are available, a standard six-speed close-ratio manual with new (more performance oriented) ratios for second through sixth gears or a Sequential SportShift five-speed automatic with a new lock-up assembly.

The manual tranny was designed with the sport driver in mind, featuring a short-throw shifter and mounted in a lightweight magnesium case — a rarity in the industry.

Any Acura comes well loaded but bumping the TSX up to Premium adds leather seats, XM Satellite Radio, USB connector, front fog lights, automatic headlight activation, High Intensity Discharge low-beam headlights and a two-position driver memory seat. And all this button-happy gadgetry is set into a high-quality interior.

2009 Acura TSX

Type: Entry-level luxury sedan
Price: from $37,650
Engine: 2.4-litre DOHC i-VTEC 4-cylinder engine (201 hp / 172 lb-ft)
Fuel economy: 9.6/6.5/8.2L/100km (city/hwy/combined)

Highlights

- High-quality looks
- Loaded with features

There are high quality materials, elegant interior styling and enough amenities, content and gadgetry inside the 2009 Acura TSX to satisfy any technophile or audiophile.

2010 Subaru Forester pricing announced

Subaru Canada recently announced pricing for the 2010 Forester, including the new PZEV (Partial Zero Emission Vehicle) that joins the Forester lineup for the new model year.

The 170-horsepower Forester 2.5X, with a host of exceptional features including heated seats and Subaru's advanced vehicle dynamics control electronic stability system, is available with either a five-speed manual transmission ($25,995) or a 4EAT electronically controlled automatic transmission with SPORTSHIFT ($27,095).

The 2010 Subaru Forester starts at $25,995.

The new Forester PZEV meets the Super Ultra-Low Emission Vehicle tailpipe emission standard (SULEV) and eliminates fuel-system evaporative emissions. Compared to an average new vehicle, Subaru PZEV vehicles have 90 per cent cleaner emissions. The Forester PZEV, with 4EAT SPORTSHIFT transmission, will retail for $28,095.

There's also a 2.5X model equipped with a Touring package. Pricing for this model is $28,695 with the 5MT transmission.

"Forester is the ideal vehicle for people with an active lifestyle, thanks to a comfortable, intelligently designed interior, fun-to-drive performance, and exceptional active and passive safety," said Katsuhiro Yokoyama, president and CEO of Subaru Canada.

"That's why the third generation Forester was named the Best New SUV/CUV under $35,000, by the Automobile Journalists Association of Canada. It was also named a top safety pick by the Insurance Institute for Highway Safety after the introduction of their new rollover tests. In other words, Forester is as safe as it is comfortable and fun to drive." METRO NEWS SERVICES

Chrysler unveils new V6 engine

TECHNOLOGY Chrysler has introduced an all-new line of V6 engines that will improve fuel efficiency across the Chrysler, Jeep and Dodge lineup by eight per cent on average compared with previous Chrysler V6 engines. This refined V6 engine will ultimately replace seven current Chrysler V6 engines. The new 3.6-litre V6 engine, named Pentastar, is part of the company's overall $3 billion powertrain offensive. It will first be offered in the all-new 2011 Jeep Grand Cherokee. FROM CARGUIDE

Hyundai an onlline hit: Report

Hyundai ranks highest among auto manufacturer websites in satisfying Canadian new-vehicle shoppers, according to a recent J.D. Power and Associates study. Toyota closely follows Hyundai in the rankings and Mazda is third. METRO NEWS SERVICES

Borrego satisfies

Kia SUV competent but doesn't outshine rivals

JIL MCINTOSH
for Metro Canada

Given the length of time it takes to develop a vehicle, automakers can find circumstances have changed considerably from the drawing board to the showroom. That's probably the case with the Kia Borrego, which isn't helped by being released into the current economic crisis.

It's not that there's a lot wrong with it, but that it doesn't really outshine the competitors in a rapidly-dwindling segment. It's another competent SUV in a pool of competent mid- to full-size SUVs.

This body-on-frame, seven-passenger model offers Kia's first V8 in North America, a 4.6-litre that's a version of the Hyundai Genesis' power plant. But my tester was the 3.8-litre V6, which starts at $36,995, making it $2,500 less than the V8.

My ride was the upper-line EX, at $40,995, which brings extra features and a specific 4WD system. The base LX is a part-time system, running primarily in rear-wheel, with the 4x4 system strictly for loose or slippery surfaces. The EX uses a full-time, all-wheel system that can be used on any road, and also locked into high or low if necessary for extra traction.

The platform is unique, not just a larger version of the Sorento, with independent rear suspension. In V6 configuration, it puts out 276 horsepower and 267 lb/ft of torque, and comes solely with a five-speed automatic transmission (the V8 uses a six-speed automatic).

The V6 will tow up to 5,000 lbs, the V8 up to 7,500. Published fuel figures for the V6 are 13.0 L/100 km in the city and 9.4 on the highway; in combined driving, I averaged 15.2 L/100 km (19 mpg).

The base LX contains the usual round-up of amenities: A/C, heated seats and mirrors, trailer hitch, satellite radio, cruise control, side and curtain airbags (but not the V8's driver knee airbag), electronic stability control, hill assist and downhill brake control. Moving up to the EX adds 18-inch wheels, power-adjustable leather seats, automatic climate control, auto-dimming rear mirror, power-adjustable steering wheel, and side steps. Parents may bemoan the fact that no rear-seat DVD is available; navigation can't be added, either.

The front seats are roomy, and the third-row seats have more legroom than expected, but with hard, flat cushions. The second and third rows fold flat, but not easily; you must first fold the second-row seats about halfway down before the back row will clear them.

The V6 works so well that I'd question moving up to the V8 unless you're planning heavy-duty towing. Handling is fine, but the suspension is very truck-like. On smooth roads, Borrego just feels rugged, but the least bit of broken pavement sends every smack and wallop into the cabin.

Inside, there's little to fault for the price: Quality materials, good panel fit, comfortable seating and good visibility. Kia has been improving its interiors over the last few new models, and it shows.

But all of that has been long established in this tough segment, and Borrego's trucky characteristics may limit its popularity. It's good, but it's not great. It's now up to buyers to determine if that's good enough.

2009 Kia Borrego

Type: SUV
Price: from $36,995
Engine: 3.8L V6
HP: 276
Torque: 267 lb/ft

Highlights

- Unique platform
- Roomy

The 2009 Kia Borrego aims to take its place in the tough SUV segment and one thing that may be going for it is the improved interior, which features quality materials and comfortable seating.

Everyone's a bad driver ... except you

AutoPilot
Michael Goetz
metronews.ca/autopilot

Have you noticed? Anybody going slower than you is an idiot, and anyone going faster than you is a moron."

George Carlin said that once, and I believe the observation has more than a grain of truth about it.

Our assessment on whether or not some other driver is screwing up seems based not so much on if they're contravening the law — those are obvious signs — but more so if they are deviating from our more idiosyncratic, personal codes of driving behaviour.

That person following you, maybe three feet closer than you're comfortable with? Well, he's a maniac. That person backing up traffic while waiting to make a left, and not taking advantage of a dicey gap in on-coming traffic — a gap you would have surely grabbed? That person is a menace to society. That driver who approached an intersection with far too much caution, causing you to lose your God-given right to run that yellow light? Well, that person is a selfish oaf. How do they live with themselves?

Tolerance of other people's driving is tested even more if that other person is your spouse or significant other.

Here's comedian Rita Rudner on the topic: "When my husband and I are in the car, I usually let him drive. Because when I drive, he has a tendency to bite the dashboard."

"When my husband and I are in the car, I usually let him drive. Because when I drive, he has a tendency to bite the dashboard."
Comedian Rita Rudner

(I'm just going to move right along here and not discuss my wife's driving.)

One strategy I'm trying, to stay cool behind the wheel, is imagining that whatever boneheaded move the other driver just did, was an aberration, a slip up they usually don't make. But I'm not there yet. I generally assume they're hardened, amoral criminal types, and it's my duty to lay on as much horn as possible.

Another strategy I'm working on is shortening my list of driving pet peeves. Not there yet either.

The thing that has helped me the most, however, in the battle to stay calm, is anticipating debatable behaviour.

Advanced driving courses always instil the notion of self-defence. Quickly identify situations where an ill-advised move by the other driver will put you at risk, and assume the worst.

If they make the right move, that's fine.

But if they cross your line, or the one that police actually use, and you've reacted correctly and gracefully and with a world-weary smirk, well, that's even finer.

Michael Goetz has been writing about cars and editing automotive publications for more than 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

New York Police Department has added 40 hybrid patrol cars.

Fighting crime, going green

HYBRIDS Forty Nissan Altima hybrids are the first alternative fuel vehicles to be used as marked and unmarked patrol cars in the New York Police Department's fleet.

The Altima hybrids have been assigned to areas of the city where their fuel efficiency presents the greatest economic and environmental benefit — both in precincts with a large coverage area and smaller precincts prone to heavy stop-and-go traffic.

The 40 hybrid vehicles, 18 marked and 22 unmarked, will be used in patrol precincts and other units in all five boroughs.

"These new patrol cars will help fulfill the goal of reducing City government's carbon footprint," said Mayor Michael Bloomberg.

"Through savings in fuel, these Altimas can quickly cover their additional cost, from then they will save taxpayers money."

While the Altima hybrids are the first alternate fuel vehicles to be used as regular police cars, the NYPD already uses hybrid vehicles in its parking enforcement fleet as well as electric scooters. FROM CARGUIDE

Bill clears a hurdle
The "Right to Repair" bill, which will require automakers to make information, software and tools available to independent repair shops, is inching closer to legislation. Bill C-273, introduced by New Democrat Brian Masse passed the second reading vote in the House of Commons last week. METRO NEWS SERVICES

Scion's iQ aims high with trendsetters

The centre of attention. With a futuristic shape designed for urban trendsetters, the iQ micro-subcompact, Scion's latest concept, debuted at the recent New York International Auto Show.

Scion unveiled a special concept version of the iQ micro-subcompact car designed to meet the transportation needs of young urban trendsetters.

It was shown at the recent New York Auto Show.

Scion's iQ concept is a new urban vehicle with a revolutionary package that is just over 10 feet in length and accommodates three plus luggage.

As more and more urban centers are revitalized with a new sense of purpose, energy, and creativity, young people are moving in from the suburbs to embrace new urbanism and are looking for a car that suits their needs and delivers high emotional value.

The production iQ is currently sold in Japan and Europe. Five Axis of Huntington Beach, Calif. took the iQ to the next level with aggressive exterior and interior modifications that show the vehicle's potential for personalization.

With its 78.7-inch wheelbase, the three-door hatchback can deftly maneuver through city traffic. At the same time, its overall length of 126.9-inches, overall width of 71.4-inches, and short front and rear overhangs allow the iQ to fit in virtually any city parking space.

"When not in use, the screen emits a colourful display of light patterns to make the interior even more unique."

The front-mounted differential and repositioned steering rack decrease front-end length. In addition, the iQ is equipped with a flat gas tank housed beneath the floor that reduces rear overhang.

Pushing the wheels of the small, bold concept towards the four corners of the body gives the iQ a confident stance. The custom 18-inch wheels with a nickel finish and wide tires fill the wheel well, adding to its surefootedness.

The iQ's custom front air dam, aero headlamps and high-intensity LED driving lamps signal urban road readiness.

The iQ features a 10-inch panel LCD screen on top of the center cluster that serves as the main entertainment console and navigation system interface.

With the push of a button, the touch-screen articulates to reveal the entertainment hub. The touch screen can also play movies while the vehicle is parked. When not in use, the screen lays flat on the dash with a translucent cover that emits a colourful display of light patterns to make the interior even more unique. FROM CARGUIDE

MINI tribute to Harrison

Mini has created a modern version of late Beatles guitarist George Harrison's vintage car to coincide with the brand's 50th birthday. The one-off model will be handed over to Harrison's widow, Olivia Harrison. METRO NEWS SERVICES

Audi pumps up road cred

2010 A5/S5 Cabriolet has plenty of cool tech to take on rival BMW

PETER BLEAKNEY
for Metro Canada

In its bid to become the world's largest maker of premium automobiles, Audi recently showed off the latest arrow in its burgeoning quiver in the south of France.

Arriving in Canada in late summer, the four-seat 2010 Audi A5 and hotter S5 Cabriolet, both with quattro all-wheel-drive, will fill the void created by the departing previous generation A4 drop top. No Canadian pricing has been set, but rest assured, Audi wants to lure buyers away from the BMW 328i Cabriolet ($55,600) and the 335i Cabriolet ($65,600).

Audi is using a three-layer fabric top for this cabrio, giving the benefits of reduced complexity, weight and volume. Top up, it's a relief to see this car carries much of the A5 coupe's chiseled good looks.

With the roof tucked under the tonneau cover (15 seconds down, 17 seconds up, operates up to 50 km/h) it cuts quite a graceful profile. The brushed aluminum trim ringing the cabin is a lovely detail.

The folded top takes up only 60 litres of the generous 380 litre trunk, and the rear seat splits and folds, offering up to 750 litres of storage volume.

Carrying on Audi's tradition of class-leading interiors, the cabin is beautifully done, highlighted with wood inlays and/or brushed aluminum trim. You sit low in this cab, and the multi-adjustable driver's chair and manual tilt/telescope wheel make finding the optimal driving position a breeze. Back seat room is tolerable for adults as long as the front seats aren't pushed too far back.

Arriving in Canada in late summer, the four-seat 2010 Audi A5 and the hotter S5 Cabriolet (pictured), both with quattro all-wheel-drive, will fill the void created by the departing previous generation A4 drop top.

Audi has borrowed a couple of ideas from its German rivals: Optional neck warming vents in the front seats like Mercedes' AirScarf, and specially treated leather seating surfaces that resist solar heat buildup, as first seen in the 2007 BMW M6 convertible.

With the windblocker in place (which stores in a compartment under the trunk floor) and the tri-level neck breeze on easy-bake, a good toque is about the only thing you'd need to drive this car topless (no, not that kind of topless) pretty much all year round in Canada.

Carrying on Audi's tradition of class-leading interiors, the cabin is beautifully done, highlighted with wood inlays and/or brushed aluminum trim.

The windblocker, however, turns this car into a two-seater.

The 2010 A5 Cabriolet carries a naturally aspirated 265 hp 3.2-litre FSI V6 mated to a 6-speed Tiptronic autobox. This proved a satisfying combination, delivering smooth performance that was well suited to the A5's mission as a comfy tourer.

Enthusiasts will opt for the S5 Cabriolet, which sports 18-inch wheel (up from 17) and a 333 hp supercharged TSFI 3.0-litre V6 that makes 324.5 lb-ft of torque from 2900 rpm to 5300 rpm. Out on the breathtaking switchbacks just inland from the Mediterranean coast, this supercharged six delivered its considerable force in a linear, if not aurally exciting fashion, and pulled hard right to its 7000 r.p.m. redline.

For much of this test route, which resembled the trajectory of a highly intoxicated sailor, horsepower was not a pressing issue. More pertinent was the ability of Audi's latest cabrio to provide good grip and balanced handling.

The quattro full-time all-wheel-drive with a default 60 per cent rear bias is a good start. Standard in the S5 Cabriolet is Audi drive select. A trio of buttons (comfort, auto and dynamic) call up pre-programmed groupings of throttle response, shift maps and servotronic steering assist. Naturally, "dynamic" is the most aggressive.

My S5 tester also featured the optional variable-rate dynamic steering and the new rear sport differential that will send torque to the outside rear wheel when cornering, essentially pushing the car around the bend.

Phew. That's a whole lot of tech to throw at a car just to try to keep pace with those folks at BMW. Happily, all this computerized mechanical mojo integrates into a seamless whole, giving the S5 Cabriolet some serious B-road cred.

2010 A5/S5 Cabriolet

Type: Sports sedan
Price: Not Available
Engine: 3.2L FSI V6/ 3.0L TFSI Supercharged V6
HP: 265/333
Torque: 243 lb-ft/324.5 lb-ft

Highlights

- Chiseled good looks
- Most likely to be cheaper than similar BMW models, although no price has been announced so far

It all began on the F1 racetrack

EMMA E FORREST
Metro World News

Formula One technology is fine-tuned race by race — and the rest of the world benefits.

These innovations are not only used in sports cars, including the famous McLaren F1 and Ferrari's models, but also in more everyday autos.

You might not hit Jarno Trulli-speeds in your Toyota Yaris, but it is likely to be faster, safer and more fuel-efficient as a result. Benefits include lighter stronger materials, safer tires, electric traction control, paddle gearshifts, ceramic disc brakes and aerodynamics that keep your family car stable and efficient as you drive down the motorway.

GETTY IMAGES PHOTO

Many Formula One innovations — lighter materials, safer tires, etc. — bring improvements to our everyday lives.

The 2009 F1 season's key technology is KERS (Kinetic Energy Recovery System), a battery that stores energy generated by braking for later use. It's set to filter down to mainstream cars as manufacturers race to hit carbon emissions targets.

But it's not just road cars that benefit, F1 technology brings improvements to everyday life too.

Take the Trekinetic K2 wheelchair. Its creator Mike Spindle, a supplier of parts for F1 cars, was appalled by the average wheelchair's crude and outdated design.

He created a new chair that, like a F1 car, was based around a strong, protective carbon-fibre monocoque shell shaped to the driver's body to which the other components are attached, rather than the traditional chassis-based design.

Elsewhere doctors have learnt from the precise teamwork of F1 pit stops to help their teams transfer patients from surgery to intensive care, and troops in Iraq have been protected from landmines with the use of the carbon composite materials that allow F1 drivers to walk away from high-impact crashes.

3 things inspired by Formula One technology

BABY POD II
This baby incubator used to transport seriously ill babies to hospital uses the same impact-resistant but ultra-lightweight materials that F1 cockpits are made of. Unlike heavy metal transporters, it's safe but light enough to be carried by just one person and placed in cars and helicopters as well as ambulances.

KNEE BRACE
Inspired by the hydraulic dampers used to absorb the energy of bumps in the track, it is used to protect the knees of U.S. Marines from impact as their inflatable boats hit the water at high speed.

OVEI WELLBEING CAPSULE
Ron Dennis, chairman and CEO of the McLaren F1 team personally tried out this immersive diagnostics tool made from F1 materials. Designers got help from McLaren F1 engineers to keep the Ovei cool using airflow engineered on racing-car principles. EMMA E FORREST/ METRO WORLD NEWS

Toyota most trusted in study

Toyota has been voted Canada's most trusted brand in two categories — passenger car manufacturer and SUV manufacturer — in a national study commissioned by Reader's Digest. METRO NEWS SERVICES

Nuvis: Urban utility redefined

Hyundai's Nuvis concept.

The world can now to peer into Hyundai's future with the introduction of the Nuvis concept at the recently concluded 2009 New York International Auto Show.

The Nuvis is the eleventh signature concept car to be designed at the company's California Design Center in Irvine, Calif.

In addition to showcasing the brand's cutting-edge capabilities, Nuvis also hints at a possible design direction for a future-generation crossover, blending attributes of a tall urban car and a premium utility vehicle.

Consistent with Hyundai's pledge to lead all brands in U.S. fuel economy by 2015, Nuvis is powered by Hyundai's Hybrid Blue Drive architecture, which uses breakthrough lithium polymer battery technology.

Hyundai's all-new, homegrown Hybrid Blue Drive architecture helps define the Nuvis concept. Hyundai's proprietary parallel hybrid drive system mates the already fuel-efficient 2.4-litre Theta II engine to a six-speed automatic transmission and a 30kW electric motor for maximum fuel economy.

"Consistent with Hyundai's pledge to lead all brands in U.S. fuel economy by 2015, Nuvis is powered by Hyundai's Hybrid Blue Drive architecture, which uses breakthrough lithium polymer battery technology."

Hybrid Blue Drive has an all-electric mode and a parallel drive mode, meaning that the wheels are turned by power coming directly from the gasoline engine, or the electric motor, or both together, as conditions demand.

This parallel hybrid drive architecture will serve as the foundation for future Hyundai hybrid drive vehicles, starting with the next-generation Sonata.

Perched on top of 22-inch wheels, Nuvis' proportions are tall, strong and protective. The two body-side lines set up a flowing water effect, giving the appearance of motion.

Large gull-wing doors, either opened or closed, create unique front, rear and profile views.

Blue ambient lighting cast across the body adds to the overall upscale feel of the vehicle.

FROM CARGUIDE

SATURN

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XM Radio service is available in the 10 Canadian provinces and 48 contiguous states in the U.S. For more information, visit xmradio.ca. ¶Based on 2008 Natural Resources Canada Fuel Consumption Guide. Applies to 2009 Saturn ASTRA XE with manual transmission/2009 Saturn VUE XE FWD/2009 Saturn AURA XE (excludes hybrid models). Your actual fuel consumption may vary. See Retailer for details. The 2009 VUE earned the IIHS "Top Safety Pick" based on 2009 IIHS testing. GM reserves the right to amend or terminate these offers and/or the program for any reason, in whole or in part, at any time, without notice. ˙OnStar is a registered trademark of OnStar Corporation. The XM name and related logos are trademarks of XM Satellite Radio, Inc. ©2009 Saturn Corporation. Saturn and its logos are registered trademarks of Saturn Corporation. All Rights Reserved.

It's bumpy in California
California's major urban roadways are the roughest in the U.S., according to a report released by Transportation California. The road conditions cost an average driver in the state at least $590 US a year in extra vehicle operating costs. METRO NEWS SERVICES

How cool is your car?

If your car A/C seems hesitant to blow cold, or if it isn't cooling the cabin as quickly as you remember, an inspection may be in order.

JUSTIN PRITCHARD
for Metro Canada

The hot weather is one of the most eagerly anticipated parts of the summer season if you're a human being. If you're a vehicle, the heat means additional strain on vital components during towing, hauling and long family trips.

Poorly maintained parts tend to show themselves when vehicles are pushed to extremes.

As such, a sweltering summer day is a fantastic time for overheating, driveline failure or engine damage, if your cooling system isn't performing properly. Any of the above will leave you stranded on the roadside with a car full of sweaty, irritated and cranky family members. Fortunately, readying your cooling system for warm-weather travelling is a relatively quick and painless endeavour.

In addition to keeping your engine running at its ideal operating temperature, your cooling system may play a part in keeping other components, like your transmission, from overheating as well. Your cooling system works by circulating coolant throughout the engine to absorb and remove the tremendous heat it generates while running.

Over time, the effectiveness of the coolant diminishes, and a coolant change is required. This occurs in varying intervals for different vehicles, or on an "as-needed" basis as advised by your mechanic. Forget when your coolant was changed last? It's probably overdue.

If your ride is dripping green fluid and you're planning a road trip anyways, you're asking for trouble. Overheating can quickly lead to engine failure and permanent, catastrophic damage. Cooling system repairs tend to be considerably more affordable than an engine replacement.

A periodic radiator flush is also advisable to remove harmful sludge from within the cooling system. Sludge may accumulate within the radiator and hoses over time, reducing effectiveness and component life.

Protecting your engine from the heat this summer is only half the battle — and you'll want to make sure you and your passengers benefit from a reliable and effective air conditioning system. If your A/C seems hesitant to blow cold, or if it isn't cooling the cabin as quickly as you remember, an inspection is in order. This can often reveal a small problem before it escalates into a much larger and pricier one.

For instance, a leaking A/C line or fitting may allow air, moisture or other contaminants into the system. This can cause a world of trouble and result in serious damage. Air and moisture mixing with refrigerant is bad news — so fixing a leak early on can save money, not to mention preventing potentially harmful chemicals from winding up in the atmosphere.

A simple mechanical or electrical failure could result in improper operation of the A/C system, too.

Make the most of Michigan

Michigan's Upper Peninsula (Moon Handbooks) by Josh Bishop is a new guidebook that recommends regional spots such as Bond Falls, Mackinac Bridge and the Chicaugon Lake Inn. THE ASSOCIATED PRESS

Travel

Summer blockbuster

King Tutankhamun: The Golden King and the Great Pharaohs will open June 27 at The Children's Museum of Indianapolis. Left, this image of the Tutankhamun Shabti, a servant statuette, was provided by National Geographic. THE ASSOCIATED PRESS

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Orlando offers new thrills and chills

Theme parks unveil more coasters, Idol Experience

It can take years in development before a big new attraction opens in Orlando, Fla., the highly competitive theme park capital of the world.

So it should be no surprise that some of the most ambitious undertakings in years are opening in unison at SeaWorld, Universal Orlando and Walt Disney World this spring and summer, despite the downturn in travel and the overall economy.

The theme parks have spared no expense to capture new revenue and repeat visitors, so the only signs of recession around these parks might actually be welcome for tourists: shorter ride lines and deeper-than-usual discounts on stay-and-play packages across central Florida. There are also fewer employees, but the parks say the cuts are targeted in areas they hope guests will least notice.

JOHN RADUX/THE ASSOCIATED PRESS

The Manta is a new roller-coaster at SeaWorld Orlando.

Disney and Universal are launching what might be their most ambitious interactive experiences ever, though the two could scarcely be more different: an American Idol show at Disney and a roller-coaster where riders choose personal soundtracks at Universal. And SeaWorld is unleashing its first roller-coaster in a decade — a high-concept thrill ride called Manta that incorporates real-life sea creatures.

Here's a deeper look at the new offerings:

Hollywood Rip Ride Rockit
Universal Orlando

Universal's first new coaster since the 2004 Revenge of the Mummy — The Ride is so complicated the park has delayed its debut for weeks to ensure that its many moving parts are in synch.

It's only building anticipation among enthusiasts desperate to test one of the most guest-interactive thrill rides in history.

Riders will travel 1,160 metres in one minute and 53 seconds, the first few of which might be the most terrifying. The trip begins with a 90-degree ascension to its tallest point — 50 metres straight up. Thus begins a 105-km/h journey through six manoeuvres — three of which the park says are brand new.

But that's not even the most interesting part. The coaster is called the Rockit because riders get to pick their own soundtrack from about 30 songs in five genres: rap/hip-hop, country, classic rock/metal, pop/disco and club/electronica. Tunes are delivered through a 150-watt system that continuously pumps about 55 watts to each passenger.

"You can literally ride this thing 30 different times and have a different experience every time," said Mike West, executive producer with Universal Creative.

The gigantic track — with pretzel loops and music-inspired manoeuvres like the Treble Clef — can be seen from all over the park. It flanks the whole south side, at one point buzzing just nine metres above the "Rockit" waiting queue (the "Crowd Surfer" manoeuvre).

Read more on page 31 ››

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UNIVERSAL ORLANDO RESORT

JOHN RAOUX/THE ASSOCIATED PRESS

Left, an artist's rendering of Hollywood Rip Ride Rockit at Universal Orlando. Right, "contestants" onstage at The American Idol Experience at Walt Disney World.

Continued from page 30 »

Manta
SeaWorld Orlando

SeaWorld has never cared to play along in the annual theme park competition of who has the fastest, tallest or scariest new rides.

In fact, the Orlando park hasn't opened a new roller-coaster since 1999, and it has taken five years to develop the one opening this month, SeaWorld's fourth thrill ride here.

So Manta won't set any records for highest drop or quickest takeoff, but that's just fine with the park. The flying roller-coaster that emulates the movement of a giant manta ray is about much, much more.

"It's is not to be dismissed as a roller-coaster, but it's not so impactful that not all guests can't experience it," said Brian Morrow, director of design and engineering for SeaWorld Orlando. "We want it to be seamless — an animal component with the thrill component. That's what we do best in the industry."

There is even an alternate route for guests who don't meet the 54-inch height requirement or just aren't keen on roller-coasters — a separate tour through the stone Manta building where 300,000 marine animals live. Youngsters can crawl under an acrylic tank and poke their heads up into an aquarium filled with clown fish and sea anemone.

The park wants visitors to envision they've been transported to a lost tropical cay, reachable from "mainland SeaWorld" by wooden bridges over a lagoon and amid offshoots of Manta track.

SeaWorld took the "flying coaster" aspect — which means cars are suspended below the track rather than riding atop it — a step further. After boarding, the train rotates forward to put passengers through most of Manta's 3,350 paces headfirst and horizontal to the ground below, in the "prone" or "Superman" position. But during some of Manta's inversions, spins and pretzel loop, the passengers are face up, on their backs. From the ground it's hard to tell which is which.

The American Idol Experience
Walt Disney World, Disney's Hollywood Studios

Leave it to industry giant Walt Disney World to base its new blockbuster attraction on the most popular show on TV, despite it airing on Fox, a lead competitor against Walt Disney Co.'s ABC.

Of course, Disney knows The American Idol Experience represents a much bigger opportunity for the park and its guests than the TV rating wars.

"We view it as a pop culture phenomenon," Disney spokesman Rick Sylvain said. "This gives people the thrill of a live production, making them feel like they're actually on the set."

Guests get two chances to participate in this attraction — to be onstage, or in the audience voting for the winner. There are seven regular shows a day, each featuring three performers. The winner of the eighth show, pitting the day's victors against one another, gets a grand reward: a front-of-the-line ticket to any one of the next season's American Idol tryouts in the country. That's a truly golden ticket to the thousands willing to wait days for an audition spot in each city's casting call.

Up to 400 can audition here each day, and about 40 will make it past the first cut. Then 21 are eventually cast to compete in seven regular shows.

The Orlando set is a near-perfect match, built by the Hollywood American Idol stage designer, but for a few small changes. Judges sit stage-right, instead of the floor, though they retain the trademark Coke drinking glasses.

The audience is actually encouraged beforehand to support every contestant and heckle the judges — all three of whom are cast members, including the obligatory jerk.

Singers who've made the cut arrive an hour early. They have 10 minutes of hair and make-up, 10 minutes with a voice coach and 10 more alone, with an iPod programmed with their song and its lyrics. They also tape short backstory interviews to air with the introductions.

The production feels real, with someone shouting "We're live in 3-2-1" and a giant bank of lights turning on the show's trademark "aa-AA" sound.

THE ASSOCIATED PRESS

Travel numbers hit turbulence

Travel both two and from Canada declined in March compared with February. Statistics Canada reports inbound travel declined one per cent to 2.2 million trips in March, while Canadian trips abroad fell 0.7 per cent to 3.9 million. THE CANADIAN PRESS

Mexican resorts offer 'Flu Free Guarantee'

INCENTIVES The U.S. Centers for Disease Control have downgraded warnings about travel to Mexico but deals still abound to get tourists to come back.

Early on in the influenza A (H1N1), or swine flu, outbreak, the CDC urged people to avoid non-essential travel to that country, but that was changed May 15 to just a precaution for people at high risk of flu complications.

But a group of resorts in Mexico are so sure you won't get swine flu there that they're offering three free trips if you do.

"The 'Flu Free Guarantee' represents our certainty that Mexico is a safe and healthy destination," said spokesman Alex Zozaya.

> **"(It) represents our certainty that Mexico is a safe and healthy destination."**
> Alex Zozaya

Participating properties are Zoetry Wellness & Spa Resorts, Secrets and Dreams Resorts & Spas, Azul Hotels by Karisma, El Dorado Spa Resorts & Hotels by Karisma and Real Resorts — located in Cancun, Riviera Maya and Playa del Carmen.

George Hobica, founder of airfarewatchdog.com, says flights to Mexico are also on sale because of the swine flu scare.

"What we're finding is not just that fares are low, but that they're low for travel through next winter with no jacking up of prices for peak season, and that many routes now have no advance purchase requirement," he said.

"Airlines are bending over backward for those making decisions at the last minute, as well as for those wishing to travel over the winter. They're doing this for obvious reasons — fill up those seats."

THE ASSOCIATED PRESS

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Old instruments find new hands in Calgary

The upright piano once used by Elton John is white and weathered. Above the keys, in fading letters, a message has been scrawled by his songwriting partner, Bernie Taupin: "Within this piano lays the ghost of a hundred songs. Take care of them, they love you."

JEFF MCINTOSH/THE CANADIAN PRESS

Alyssa Michaud, a music major at Ambrose University, plays a hurdy-gurdy as she guides a tour of the Cantos Music Collection.

The instrument, on display at the Cantos Music Foundation, is almost close enough for visitors to reach out and test for lingering vibrations.

John's piano, which he used to create the hit single Your Song, is among 200 instruments, some hundreds of years old, that have been donated to the foundation or purchased by it.

The organization aims to bring people face-to-face with the music and instruments in its collection, so they can see Supertramp's synthesizer, test out a hurdy-gurdy or pluck and plunk their way through centuries of history.

In most cases, except for items such as John's piano and some pieces so frail they need to be protected, people can sit down and try the instruments.

"A big part of our mandate is to have a living collection," said Cantos spokesperson Camie Leard. "It's not just going to see a bunch of instruments. You can put your hands on them, touch, feel, hear them."

The six-year-old non-profit foundation, tucked away in a grey and red stone building near Calgary's downtown, was created by the merger of the TriumphEnt Foundation, which focused on organs, and the Cantos Music Museum, which aimed to develop a collection of musical instruments.

Open the doors and you're drawn into a series of rooms where you might meet a group of teenagers trading hip-hop rhymes, or a seven-year-old boy in a flipped up fedora, strumming a pint-sized guitar and trying his hand at singing the blues.

The venue holds live jam sessions, open to anyone who stops by and wants to step up to the mike.

At a recent Blue Monday night, Calgary's Neon Blues Band and bassist Hans (The Thumb) Sahlen kicked off a set before encouraging others to take the stage.

Kids can see a show at Cantos and even take a turn themselves, Leard said. The experience helps teach them that music doesn't come only in the slick clips on radio and TV.

"They don't realize that Beyoncé has actually spent years and years perfecting her craft. That k-os and all these other guys, they didn't just start from nothing, it's not something you plug in a nickel and it comes up."

Cantos is growing and has a contract to redevelop the King Eddie, a former blues bar and hotel in the city. It will move there around 2012, complete with an expanded collection focusing on Canadian music memorabilia.

"(The collection) is one of those things that just doesn't exist anywhere else. It's unique in Canada," said Leard.

THE CANADIAN PRESS

If you go

Tours: Thursdays at 6 p.m., Sundays at 1:30 p.m. and 3 p.m
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Online: cantos.ca

THE CANADIAN PRESS

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Where spa meets nature

Overlooking the shores of Lake Rosseau, Ontario's newest resort spa is a meeting of earth's elements

ANNE DIMON
for Metro Canada

There is no chocolate wafer with turn-down service at Ontario's newest resort. But guests with a pre-bedtime sweet tooth will not be disappointed.

Instead of the traditional chocolate, a leaf-shaped maple candy is the bon bon du jour. The candy, a maple tea bag and a red silk maple leaf creates a little nighttime package that offers a sense of place.

The place is Muskoka. The resort, which opened in mid-February, is The Rosseau, a JW Marriott Resort & Spa. Located on the rocky shores of Lake Rosseau, just under a three-hour drive from downtown Toronto, the property is part of the new Red Leaves luxury resort community.

In addition to the leafy turn-down ritual, the nature motif is scattered subtly around the resort as if dispersed by a Muskoka breeze. Design elements include twig-inspired furnishings, stone fireplaces and wood-framed works of art depicting local forests, lakes and autumn foliage. The ambiance is warm, inviting and casually elegant.

The feeling extends to the spa. Luxurious in its design and decor, the two-level Spa Rosseau is the most spacious of Ontario's resort spas and certainly one of the most beautifully appointed.

As a welcoming ritual the spa attendant offers guests a small roll of gauze infused with a blend of rosemary, citrus and eucalyptus oils. "Take a deep breath," she says. "Relax and begin the journey."

It is indeed a journey: A relaxing few moments in a eucalyptus steam room or the dry sauna, a cooling off with chilled towels, a dip in the whirlpool with its stunning lake view, then off to the lounge to snack on dried apricots and sunflower seeds while waiting for your treatment to begin.

ANNE DIMON/FOR METRO CANADA

A view over Lake Rosseau from a guest room.

More details

- sparosseau.com
- therosseau.com

I tried the Red Leaves Ritual with its very gentle scrub followed by an even gentler massage with sweet birch bud oil and hot stones. It's one of several nature-themed body treatments. Afterwards, guests can relax in the lounge (one of three is co-ed) or by the spa's private outdoor pool and terrace overlooking the lake. It's a lovely, quiet spot to enjoy a healthy spa lunch.

For couples there's a suite with a private sitting room, terrace and treatment beds with built-in sounds systems. A hair salon is part of the spa facility and just down the hallway, a state-of-the-art gym and a year-round indoor-outdoor pool and deck.

Along with the spa, another great point of distinction at Rosseau is the emphasis on activities — both fitness and arts-related, including an artist-in-residence program.

You can rent bikes, canoes and kayaks, take a guided nature tour with a naturalist or pick up a trail map and explore the 700-acre nature reserve on your own.

SPA ROSSEAU

One of two couples treatment rooms at Spa Rosseau

We hike along the Boardwalk Trail through a wetlands area, past moss-covered logs and patches of wild leeks. Trilliums are just beginning to bloom and a sprinkling of purple violets add a splash of spring colour.

Further along we spot deer tracks. White-tail deer, points out guide Meredith Wires. "You can see groups of them early in the morning or at dusk." She purses her lips and calls out to the numerous songbirds that populate the area. There's a chorus of replies. We make our way from a coniferous to a deciduous forest escorted by the hammering sound of a pileated woodpecker. The woods are alive with the sounds of nature.

On the second night of our stay, there is no maple candy with turn-down service. Instead, there's a balm for feet tired from walking the trails. It's a good marriage of nature and spa.

Anne Dimon is a spa and wellness travel writer and editor of traveltowellness.com.

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The plane to Spain

Bragg Creek, Alta., located in Kananaskis Country between Calgary and Banff, is listed among the "best small towns" in the new guidebook Frommer's Alberta, a first edition. Other towns on the list include Rowley, Rosebud and Cochrane. THE CANADIAN PRESS

Where to be seen in Miami

Check out these hip new South Beach bars

TheTravelJunkie

W HOTELS

The Wall, the new hot bar at the W South Beach.

Strolling along palm-tree lined Ocean Drive, against a backdrop of pastel-coloured Art Deco buildings, I feel like I'm part of a postcard. This is South Beach, a celebrity playground of restaurants, bars, salsa clubs and Miami vices; home to luxury lifestyles, reality-TV tattoo shops and the world famous diet. Dubbed America's Riviera and the Latin Hollywood, Miami draws a wide range of tourist types, from snowbirds to university students and sun-worshippers to trendsetters.

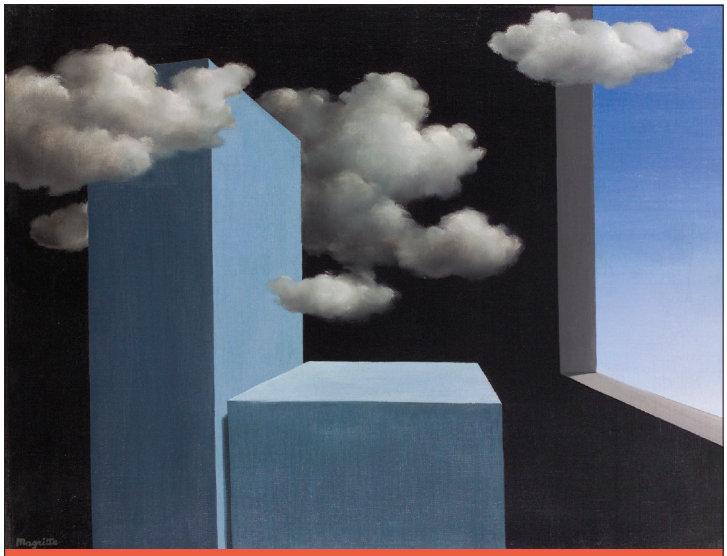
For those looking to party, South Beach is the place to be, with what seems like an endless supply of bars to choose from.

If you want to party like a rock star but feel overwhelmed by all the possible options, here are a few places to start:

Gansevoort South Hotel:

The Gansevoort South, a hip hotel on Collins Ave., is a favourite among Miami's beautiful people. Walk past the lobby's 50-foot-long shark tank and take the elevator to Plunge, a poolside lounge overlooking the ocean, the city and a tree-fringed infinity pool. From there, check out Louis, a vampish Versailles-themed VIP lounge; for details, visit gansevoortsouth.com.

Read more on page 35 ››



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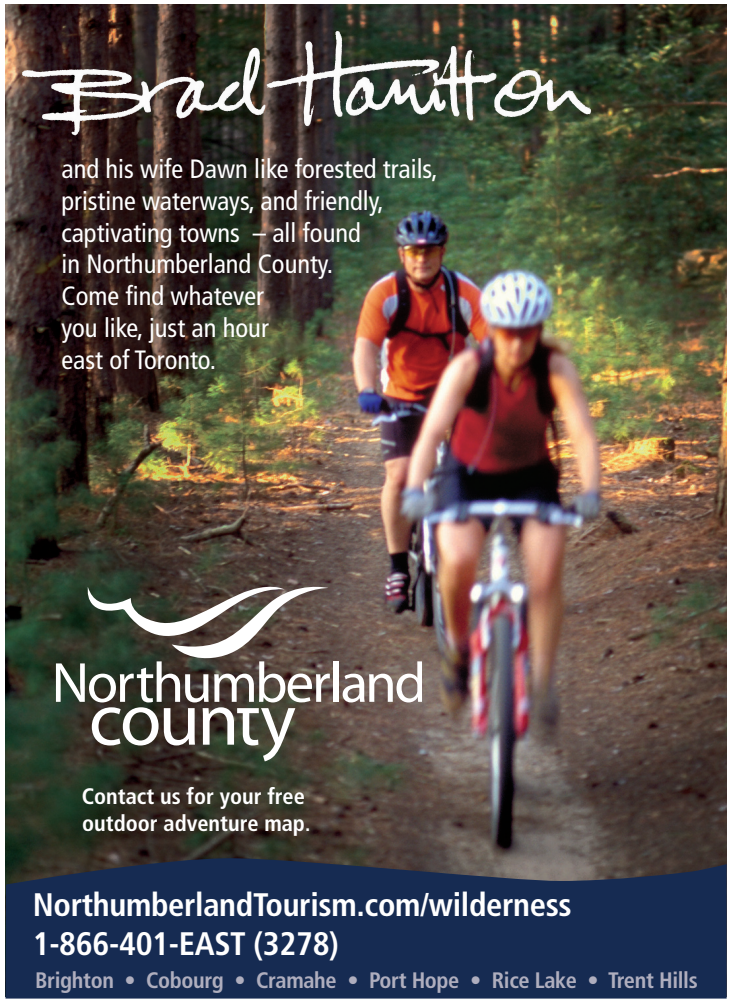

Pay your age

Chicago's Talbott Hotel is letting past guests pay their age on their birthday this year for a deluxe king bedded room. The offer is good for anyone who was a registered guest at the hotel in 2008. THE ASSOCIATED PRESS

GANSEVOORT SOUTH

SHORE CLUB

Left, the Versailles-inspired Louis lounge at the Gansevoort South. Right, the Skybar at Shore Club.

>> Continued from page 34

Skybar at Shore Club

Enjoy the perfect weather at Redroom garden, a chill landscaped patio of tropical plants and eclectic Moroccan-themed design. Sauntering around this communal space, you can wander from Rumbar, which serves up 75 different kinds of rum, into Redroom, where you can dance the night away to hip hop and Top 40; shore club.com

W South Beach Hotel

When in doubt, you can't go wrong with W. With slick architecture, high design and a pulse on what's cool, the new W South Beach Hotel (set to open June 16) is a sure bet. The Wall nightclub, open as late as 4 a.m. Fridays to Mondays, boasts specialty drinks and gold-and-black decor; starwoodhotels.com.

Casa Casuarina

Sip cocktails at Casa Casuarina, the infamous residence of the late Italian fashion designer Gianni Versace. In this historic-house-turned-celebrity-compound, Versace hosted stars such as Madonna and Elton John until his untimely death in July of 1997, when he was murdered on the steps of this beach-front villa. Once a private members only club, this 1930s landmark now welcomes tourists for dinner, cocktails and tours (offered daily from 9 a.m. to 6 p.m. at $65 US per person); casacasuarina.com.

Mynt Lounge

With a tight door policy and a long list of celebrity guests, Mynt is at the top of many trendsetters' lists. It's not easy to get into, but once beyond the velvet rope, partiers will find A-list fashionistas dancing to the beat of international DJs and breathing in the club's aromatherapy-scented air. This is a place where you must dress to impress; myntlounge.com.

VIP help

If you don't want to battle lineups or doormen, SoBeVIPs, a nightlife company aimed at taking the hassle out of South Beach partying, can hook you up with club access. They offer limo transportation, VIP bottle service and party passes (a package that includes cover charge, a drink and line-up free entry before 12:30 a.m.); sobevips.com.

Julia Dimon is co-host of Word Travels, airing on OLN; juliadimon.com.

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Going Dutch in Europe's youngest city

Summer fun on offer in youthful Rotterdam

JELLE VAN DE KAMP
Metro World News

Interesting modern architecture, a summer full of festivals, friendly local folk and the largest port in Europe: There are more than enough reasons to visit Rotterdam, and in 2009 it promises to live up to its reputation as the first European Youth Capital.

RICHARD VAN DER KLAUW/METRO WORLD NEWS

Forget going to a secluded island resort — soak up the sun and a view of the Erasmus Bridge, one of Rotterdam's architectural standouts, on the Nieuwe Maas river.

RICHARD VAN DER KLAUW/METRO WORLD NEWS

Enjoy prime waterfront viewing outside the Hotel New York, one of Rotterdamn's most famous gathering places.

There is always something to do here, but how can you visit to the Netherlands' most exciting city the cheap way?

Rotterdam attracts a great deal of international interest as a city of architecture. In the Second World War, the heart of the city was almost completely destroyed by the German Luftwaffe, and was rebuilt during the 1950s through the 1970s. Over the years, many modern buildings were erected all over the city, resulting in the most beautiful skyline in the country. This innovative and adventurous period after the war is expressed in striking buildings, such as the Cube houses, Groothandelsgebouw, the Kunsthal art gallery, the Luxor Theatre and the Erasmus Bridge. The best way to see all of these buildings is to roam the city by bike. It's cheap, fun, and very Dutch. Rotterdam ByCycle offers several cycle tours showcasing the city's highlights, led by an enthusiastic guide, for groups of six or more.

Rotterdam is also famous for its port, the biggest in Europe. From a Spido boat tour, you can see the gigantic throughput facilities, which are shifting further towards the sea all the time.

Another must see is the Rotterdam Zoo. Diergaarde Blijdorp is one of the most popular daytime attractions in the Netherlands. The most interesting feature at Diergaarde Blijdorp is the Oceanium. Feast your eyes as you journey through this enchanting water world filled with marine dwellers, including polar bears, exotic fish, puffins, playful sea otters, snakes, sharks and jellyfish.

And last but not least: The festivals. Rotterdam is well-known for its big events, especially throughout the summer season. From Formula One cars in the streets during the Bavaria City Race to Caribbean dancers at the Summer Carnival, experiencing all of these cool events won't cost you a cent. How sweet.

The best budget accommodation

In Europe's first theme hostel ROOM, you can sleep for cheap in the liveliest neighbourhood in the city. There are sixteen different themed rooms, a bar, several games and a relaxed Dutch atmosphere where you'll feel at home right away.

The best budget restaurant

Hotel New York is one of the most famous places in Rotterdam. Many Europeans left for America on ships that left from the docks here, in one of the oldest parts of the city. Hotel New York now has a very good restaurant. Sitting on the Wilhelminapier pier, you'll have a great view of the city centre.

The best budget shopping area

Just past the World Trade Centre is a famous street called Meent, lined with unique, intimate and exclusive shops. For beautiful gifts and home accessories try Face 1 Design, and for a total new budget outfit, go to Cheap Fashion.

The best budget drinking

In front of Rotterdam's town hall you'll find the Stadhuisplein, where you can visit numerous pubs, bars and cafés. Have a beer at the Plein Café, a good wine at Saint-Tropez, and finish your evening in the Après Skihut, where you'll be welcomed by some real Heidis from Austria. By the way, the Dutch word for cheers is "Proost!"

The best budget going out

WATT is the first sustainable dance club in the world. With an energy-generating dance floor, zero-waste bars and toilets flushed with rainwater, it shows that doing your part for the environment doesn't have to be boring. Every week there's live music, while on the weekends the biggest DJs spin their records.

If you go

- Read up on Rotterdam at rotterdam.info.

On a dime

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- The National Museum Weekend: On April 4 and 5, you can visit many of Rotterdam's museums for free or heavily discounted.
- The Metro Wednesday Night Skate: Take part in Netherland and Belgium's biggest skate tour as it rolls through the city's hotspots. No cars allowed!
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Sunshine and spectacular terrain

RoadWarrior

Road trip

• Metro columnist Michael Jackson is about to embark on the trip of a lifetime. On Friday, he'll head out for a six-week solo motorcycle trip across the U.S. and Canada — but to make things even more interesting, he plans to have something of a mobile office, managing his small business, a printing company, remotely while he's on the road. But will Michael really be able to put work aside at those times when he's trying to enjoy his trip? Will his bike break down, wreaking havoc on his itinerary and budget? And will he go stir crazy travelling by himself for six weeks? Follow his adventures every Wednesday in Metro to find out.

Oklahoma and the Texas Panhandle were a blur: I rode through both states in a day and a half. I was tired of the rain, and knew the sun was shining in New Mexico.

Sure enough, just east of the border between Texas and New Mexico the sun came out. The heat hit me like a blast furnace. But after all those cool wet days it was a welcome relief.

The rain doesn't make it to the lee side of the Rockies so much of the New Mexico landscape is baked rock. Tumbleweeds rolled across the road in front of me.

I rode a desolate route north to Las Vegas, New Mexico, and all I could think of was Hotel California by the Eagles. If I had a breakdown, how long would it be until the locals found me?

Luckily, I have a Micro Track GPS device, by Global Tech GPS, that is my eye in the sky. It monitors the bike as I ride along.

If I did have a mishap, my wife would receive an email notification and she could locate me from the coordinates the system provides. It gives me peace of mind to know she's watching out for me.

I was surprised by how beautiful New Mexico was. I rode up into the mountains close to Taos where the air was cooler. I rode through deep canyons, coming out onto plateaus with snow-tipped mountains visible in the distance. But it's a lonely state. I didn't meet anyone while riding; few cars and fewer motorcycles shared the road with me.

"The heat hit me like a blast furnace. But after all those cool, wet days it was a welcome relief."

It was another story when I crossed the border into Colorado. Cars and bikes were everywhere.

Colorado is split down the centre by The Rockies. The snow is still hugging the peaks refusing to give into spring. The rivers are flooded with runoff, and rumble as they cascade downhill. I rode through a fantastic canyon that had 600-foot walls on either side. The Arkansas River roared down beside the road.

In Colorado the back road towns like Salida and Leadville were all built back in the early 1900s.

They look as though they could have had a few gunfights on the main street. In fact Doc Holiday is buried in a town called Glenwood Springs, Colo..

These two states are rich in history from the gunslingers of old to the Indian Wars fought in the hills and valleys of New Mexico.

I stayed in those parts for three days and I can say the riding is out of this world. For great views, warm weather and clear skies, New Mexico and Colorado have it all

Michael Jackson has embarked on a six-week motorcycle trip around North America. Track his progress at adventuremotorcycleroutes.ca.

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Lung injury caused by stunts
Mariska Hargitay has revealed the partially collapsed lung she has experienced since January was caused by doing her own stunts on the set of Law and Order: SVU. PEOPLE.COM

Entertainment

Gump dump
Tom Hanks has denied speculation he is set to reprise the role of Forrest Gump for a movie based on Winston Groom's follow-up novel Gump and Co.
FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Cut a rug, bust a gut

New comedy spoofs the dance movie genre

STEVE GOW
for Metro Canada

If imitation is the sincerest form of flattery, then those responsible for the genre of the dance movie should be gushing with pride.

After all, this weekend will see the theatrical release of Dance Flick, the latest in a cinematic tradition of recent comedy spoofs like the successful Scary Movie series, Superhero Movie and Date Movie. It seems in popular culture, you aren't a genre until you've been spoofed.

But while Dance Flick borrows its punchlines from such recent hits as Step Up, Save the Last Dance and High School Musical, the most successful dance films in Hollywood hit the screen decades earlier when John Travolta defined the genre by stretching himself into a pair of white polyester slacks for 1977's Saturday Night Fever.

Not only did that classic film receive its own spoof treatment (Airplane!) but it still reigns at the top of the dance genre having grossed over $94 million US since its release. Other hits like Flashdance, Footloose and Dirty Dancing successfully followed and now define many of the films we see today.

"Dancing movies are good because they have a formula," once stated Step Up star Channing Tatum. And he's correct. Unlike many musicals, dance films rely on choreography to progress the plot of a story.

While movies like Hairspray include both choreography and song, the dance genre defines conflict of character through the art; the protagonist must advance through dance.

But why are movie audiences so attracted to dance flicks in the first place? The answer may be more intuitive than you think. According to a recent article in Scientific American; our brains are stimulated by viewing coordinated movements.

In fact, biologically-speaking, dance films share a great deal in common with action movies like Fast & Furious and Star Trek. See, not unlike the rush we get from watching high-speed car chases or a bar brawl featuring James T. Kirk, anecdotal evidence shows that "if you're watching someone dance, your brain's movement areas activate" as if you were participating yourself.

Essentially, you get the euphoric sensation without the muscle-strain. So quite literally, we are living vicariously through dance movies. Now, doesn't that make you want to Step Up to the box office and buy a ticket?

Movie **feature**

Dance film rentals

- Step Up
- Dirty Dancing
- Save the Last Dance
- Strictly Ballroom
- Flashdance
- Stomp the Yard
- Footloose
- Girl's Just Want to Have Fun

Tyler (Ross Thomas) prepares to dance with Nora (Christina Murphy) in the comedy spoof Dance Flick, opening this week.

American Idol finalists focus on singing

REALITY TV American Idol finalists Kris Allen and Adam Lambert don't want to get personal.

The singers told media gathered earlier this week outside the Nokia Theatre — where the duo began duking it out last night and will continue to do so tonight — that they hope viewers will base their votes for the next Idol on performance alone.

"For me, I hope that having the Christian vote doesn't help with anything," said Allen, a 23-year-old college student who has worked as a worship leader at the New Life Church in his hometown of Conway, Ark. "I hope it has to do with your talent and the performance that you give and the package that you have. It's not about religion and all that kind of stuff."

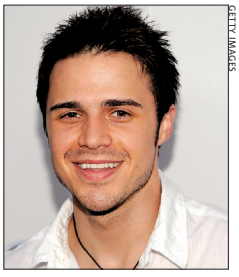
Lambert, a 27-year-old theatre actor from San Diego who once worked in the Los Angeles cast of Wicked, heartily agreed. He said he does not think the contest "has anything to do with your religious background, what colour you are, your gender. It doesn't have anything to do with that. It's about music. That's really important to keep in mind."

The pair are scheduled to be joined on tonight's finale by Lionel Richie, Carlos Santana, Cyndi Lauper, Queen Latifah, Black Eyed Peas, Keith Urban, Jason Mraz and previous Idol winner David Cook.

Neither finalist would reveal any details about their finale performances.

"They're good songs," said Lambert. "I think everyone will like them."

To prepare, Allen said he's been saving his voice by texting instead of talking while Lambert plans to order a "really big room service breakfast." Both said they have become friends and felt like they have already won the singing competition, pledging to support each other in the future. THE ASSOCIATED PRESS



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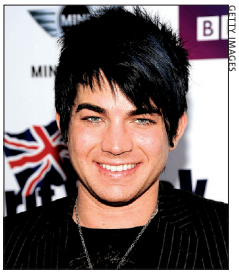

GETTY IMAGES

American Idol finalists Kris Allen, left, and Adam Lambert.

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Theo gives his all

Canadian Idol champ drops new album

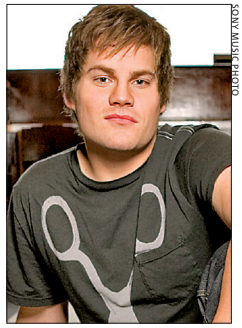
GRAHAM ROCKINGHAM
for Metro Canada

Theo Tams may very well be the last Canadian Idol, but it's a subject he'd rather not talk about on the week of his debut CD release.

"If I am (the last Canadian Idol), and that means my reign lasts a little longer, that's fine with me," Tams says about CTV's decision to pull the plug on the summer talent contest after six seasons. "I think that everyone who did that show just really wanted to use it as a platform. I just wanted to make music and to make it my career. If that means that I am the last Canadian Idol, then I will wear that badge proudly for sure."

Giving It All, the first full-length album from the 23-year-old native of Coaldale, Alta., hits stores yesterday and Tams wants to talk about how it differs from previous Idol debut discs.

Rather than rushing the project out for the Christmas rush, Tam's label (Sony Music) allowed Tams five extra months to complete the project. The extra time gave Tams, who was studying music at the University of Lethbridge before entering the Idol competition, time to become more involved in the album.

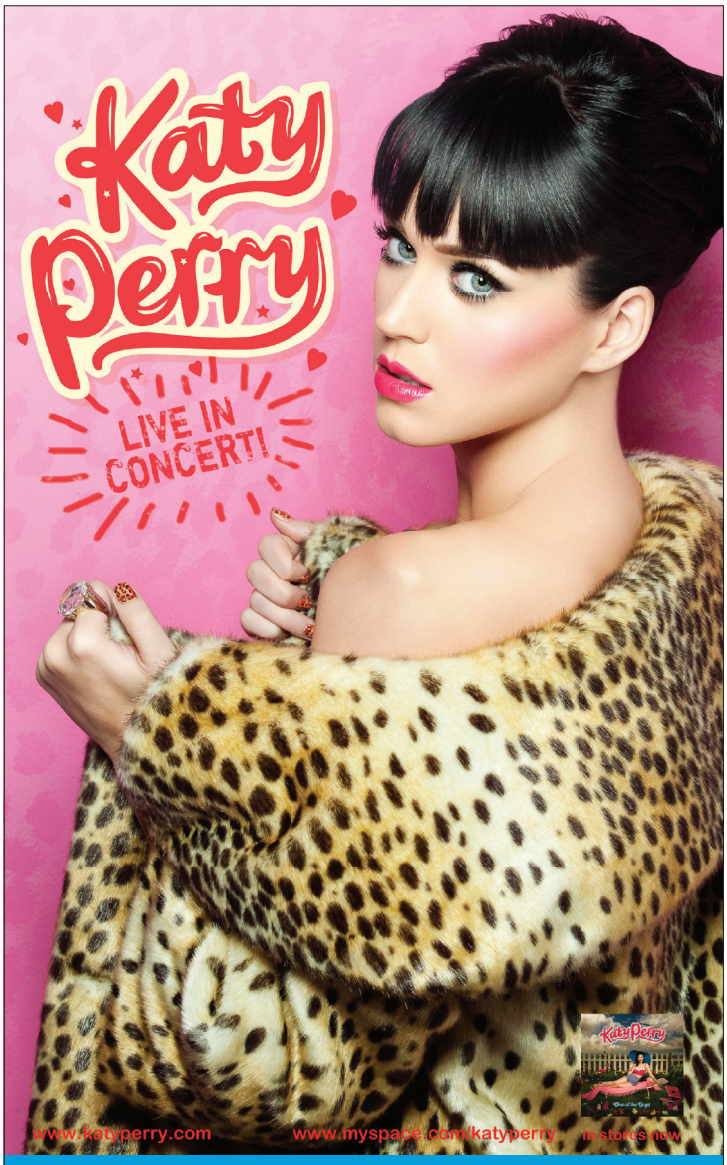

SONY MUSIC PHOTO

Theo Tams

Tams has eight co-writes on the album's 13 tracks, including the lead single, Lazy Lovers, a piano-driven pop song about the work involved in making relationships last. The track was written with the help of veteran Canadian songsmith Hawksley Workman.

"We were sitting on a couch together," Tams says about writing with Workman. "He'd throw a line out and then I'd throw a line out. It really was just batting back and forth. He would say one line and then my next line would rhyme with his. It was really strange, especially since I had never co-written before. I would love to take credit for 100 per cent but I definitely can't with that tune."

Giving It All's release coincides with this week's finale of American Idol between Adam Lambert and Kris Allen. But Tams — currently involved in putting a band together for an upcoming tour — admits he's been unable to watch the show so far. "I've tried to watch it a few times and I just can't do it," Tams says. "I just get so anxious because I know the amount of pressure they're under and they're so nervous."



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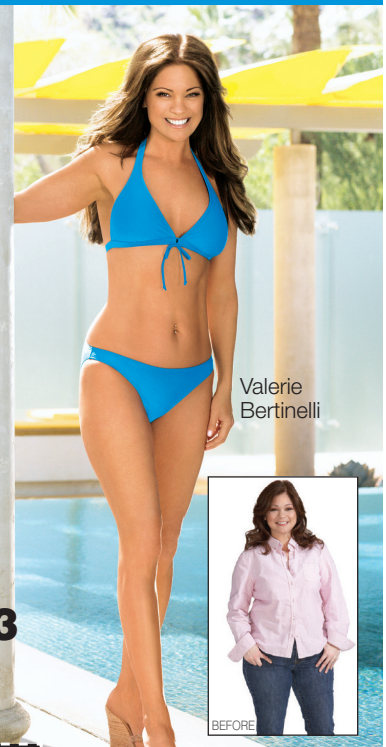

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** Rock CL, et al. *Obesity* 2007;15:939-949.

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Laid off

America's Next Top Model executive producers released a statement Monday clarifying why Paulina Porizkova will not be returning: The economy. EONLINE.COM

ABC lines up comedy collection Wednesdays

ABC plans to launch a comedy night on Wednesdays this fall with familiar sitcom stars Kelsey Grammer, Courteney Cox, Patricia Heaton and Ed O'Neill in new series with roles suited to the times.

The network said it will have 11 new series next season. Under entertainment chief Stephen McPherson, ABC has been the most aggressive network in launching new series and will keep trying even though many new ones have failed in the past few months.

"We've got our work cut out for us, but innovative, different and compelling is going to be the key," McPherson said yesterday. ABC is the third most popular network behind CBS and Fox, and its viewership declined by three per cent this season.

Sitcom mainstay Grammer leads Hank, playing a corporate titan who's been laid off. Heaton, who co-starred with Grammer in a short-lived Fox comedy after her best-known role on Everybody Loves Raymond finished, plays the wife and mother of an Indiana family trying to survive tough times.

Former Friends star Cox is on the prowl in Cougar Town, playing a newly single woman learning the new rules of dating in a youth-obsessed culture.

Christina Applegate's Samantha Who? is the highest-profile existing series to be canceled. For the second time in two incarnations, Cupid didn't make it to a second season on ABC.

O'Neill, best known as the harried dad in Fox's Married... With Children, takes on another TV family in Modern Family. In the style of The Office, this looks at a family from the perspective of an unseen documentarian.

The new dramas include Eastwick, an adaptation of the movie The Witches of Eastwick; The Deep End, which follows four young lawyers joining a cutthroat firm; Flash Forward, a sci-fi series where people black out and get a glimpse of their future; The Forgotten, a Jerry Bruckheimer procedural on trying to piece together the stories of missing persons; Happy Town, about a Minnesota town that was plagued by kidnappings; and V, a remake of a 1980s era miniseries about aliens confronting humans.

THE ASSOCIATED PRESS

GETTY IMAGES

Kelsey Grammer leads Hank, playing a corporate titan who's been laid off.

Family Guy chief picking up steam

TV The recession has been good to Family Guy creator Seth MacFarlane. So good that he's bought a plane. The 35-year-old inked a reported $100 million US contract last May that keeps him with FOX through 2012. The deal makes him the highest paid writer-producer in television.

He's also the creator of American Dad and its upcoming spinoff The Cleveland Show. Listen for some familiar voices on The Cleveland Show, including columnist Arianna Huffington. She'll play a talking bear (also named Arianna) whose family lives near the Browns. Kanye West has a cameo as a rapper.

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Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/20/09 primetime	265	353	2	TVO	Lemur Street	Lemur Street	The Agenda With Steve Paikin		New Tricks		The Photographer, His Wife, Her Lover		
	211	331	3	GTV	ET Canada	Entertainment	*Casino Royale* ★★★ (2006, Action) Daniel Craig, Eva Green, Mads Mikkelsen. Premiere.						News
	215	343	4	OMN1	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	NHL Hockey Playoffs -- Teams TBA. (HDTV) (Live)						CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Friends	Friends	Friends	Less-Kind	Murdoch Mysteries (HDTV)		News (N)
	212	313	8	CTV	etalk	Hollywood	**American Idol** The winner is revealed.				(10:07) **CSI: NY** (N)		News (N)
	218	345	11	E!	The Insider (N)	E! News	News Special	Behind-Scenes	Janice Dickinson Modeling		Kardashians	Candy Girls (N)	News (N)
	137	763	13	TFO	Panorama		Destination Nor'Ouest (SC)		*Body Rice* (2006, Drame) Julika Jenkins, Alice Dwyer.				Le Temps
	-	-	14	-	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	*The Chamber* ★★ (1996, Drama) Chris O'Donnell, Gene Hackman.					The DVD Show	Becker
	-	387	16	CBS	Inside Edition	Hollywood	**Old Christine**	**Gary Unmarr**	**Criminal Minds** (N)		Criminal Minds (N)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Law & Order: Criminal Intent		Law & Order: SVU		**Law & Order** (HDTV) (N)		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	*Pirates of the Caribbean: Dead Man's Chest* ★★ (2006, Adventure) Johnny Depp.						News (N)
	219	346	20	ACH-B	The Road to Avonlea		Law & Order "Exchange"		Law & Order: SVU		**Law & Order** (HDTV) (N)		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	**American Idol** The winner is revealed.				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Wait for God	Blueprint America: Road		World War II: Behind Closed Doors: Stalin, the Nazis				Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	*Take the Lead* ★★ (2006, Musical) Antonio Banderas.				PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	What's-Store	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	*Take the Lead*
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		American Greed		On the Money		Mad Money
sports	405	417	22	net	CHL Hockey MasterCard Memorial Cup -- Drummondville Voltigeurs vs. Rimouski Oceanic.						Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey	E:60 (N)			NBA Basketball Eastern Conference Final Game 1 -- Teams TBA.				SportsCentre
	411	457	58	OLN	Bounty Hunter	Bounty Hunter	Departures		Mantracker	Mantracker	Bounty Hunter	Bounty Hunter	Departures
	417	406	81	SC	Pimp My Ride	Pass Time	Amer. Thunder	Pinks Outtakes	Pinks	Pass Time	Wrecked	Wrecked	Pimp My Ride
family	551	542	25	YTV	In Real Life (N)		Malcolm-Mid.	Futurama	Survive This	Adrenaline Proj	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	Father of Pride	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Grocery	Bag	Supersize vs. Superskinny		Stuck	Maxed Out	Maxed Out
	570	580	29	MM	One Tree Hill		disBand	disBand	Video on Trial	Video on Trial	Instant Star	Instant Star	One Tree Hill
	615	520	31	A&E	CSI: Miami (HDTV)		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Exterminators	Exterminators
	700	800	35	TLN	Centrovetrine	Sky TG 24	Elisa di Rivombosa		Elisa di Rivombosa		Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Gimme Sugar	Gimme Sugar	Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT	Living, Dream	Tara Diaries	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Totally
	616	521	39	SHO	The Outer Limits		Cashing In	About a Girl	G-Spot	Cock'd Gunns	The Starter Wife (HDTV)		House
	620	523	40	BVO	The Achievers	Bravo!Videos	Arts & Minds	O'Reagan File	Wingfield	Wingfield	Southland "Westside"		Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	ET Canada
	522	506	43	HIS	NCIS		Outlaw Bikers		Ice Road Truckers		NCIS		Marine Mach.
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Jon Dore Show	Demetri Martin	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Big City Broker	The Stagers	Unsellable	Hid Potential	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	*Cinderella Man* ★★★ (2005, Biography) Russell Crowe, Renée Zellweger, Paul Giamatti.						Seinfeld
	576	582	49	BET	106 & Park	Terminator	*Lean on Me* ★★ (1989, Docudrama) Morgan Freeman, Robert Guillaume.					The Game	*Paper Soldiers*
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Primeval (N)		Stormworld (N)	Grand Star	Stargate SG-1
	581	566	52	MTV	Room Raiders	After	MTV News	Cribs	Fantasy Fact.	Nitro Circus	Real World-Road Rules		MTV Live
	618	524	54	TROP	Vanity Insanity	Ad Persuasion	Ad Persuasion	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56	FOOD	Chef at Home	Fresh-Anna	Diner, Drive-In	Diner, Drive-In	Iron Chef America		Ultimate Recipe Showdown		Opening Soon
	261	394	60	V	Murder, She Wrote		Keeping Up	Foot in Grave	All About George (N)		Driven-Vision	Supernatural	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Sexiest Body Parts		The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	Max & Ruby
	115	711	101	TVA	Poule-oeufs or	Histoires-filles	Collection (N) (SC)		Nos étés (HDTV)		TVA 22 heures	Sucré-salé	*Folie-travail*
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Medium "S.O.S."		Medium		Mediums	Psychic Detect	Mediums
	300	601	301	M1	(6:30) *Fugitive Pieces* (2007, Drama)			Tracey Ullman	*The Strangers* ★★ (2008, Suspense)			*Sukiyaki Western Django*	
	305	612	306	PIX	(5:20) *Blue*	(7:20) *Louis the 19th* (1994, Comedy)			*Arlington Road* ★★★ (1999, Suspense) Jeff Bridges.				*Prom Night*

critics' corner

The Achievers

She had 11 Oscar nominations, two wins and a pair of eyes immortalized in song. "Bette Davis" remembers one of Hollywood's great actresses, a true Hollywood icon whose career spanned more than 50 years and included such diverse roles as the unlikable Mildred Rogers ("Of Human Bondage"), the tragic Judith Traherne ("Dark Victory") and the frightening, delusional Jane Hudson ("What Ever Happened to Baby Jane?"). Fasten your seat belts! 7 PM on BVO

The New Adventures of Old Christine

Weddings always seem to bring out the unexpected in Christine (Julia Louis-Dreyfus), and the nuptials of her ex, Richard (Clark Gregg), are no exception, as she rekindles her romance with New Christine's (Emily Rutherfurd) father (guest star Scott Bakula). Afterward, though, she learns some shocking news about "Papa Jeff." Constance Zimmer and James Lesure also guest star in the season finale, "Love: A Cautionary Tale." 8 PM on CBS

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Brooke bares her cougar side

Brooke Shields strips to down to lingerie and latex thigh-highs in a new, cougar-tastic photo spread for Australia's Kurv magazine that features her up close with a younger man, tvguide.com reports. METRO NEWS SERVICES

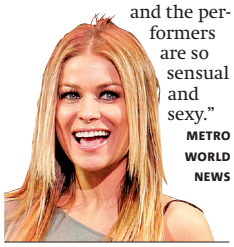
Celebrity Buzz

Carmen joins burlesque show

CAREER MOVE? Carmen Electra is getting ready to strip down — but not completely — in a new Las Vegas show. She's set to start in July in the topless cabaret Crazy Horse at the MGM Grand.

"She's not going topless, but she will be wearing very little. She's going to wear whatever she is comfortable with," a rep for the show said, according to media reports.

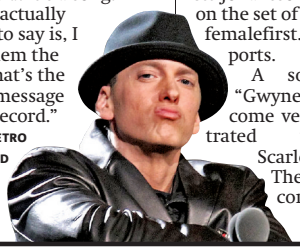
Electra added: "It is such an iconic show and I was in awe after seeing it for the first time. The dancers and the performers are so sensual and sexy." METRO WORLD NEWS



Eminem smooths over Mimi beef

BACKPEDAL? Eminem has apparently smoothed over the feud he started with Nick Cannon and Mariah Carey over lyrics in one of his new songs that caused Cannon to retaliate.

"I heard about some of the things he was saying," Eminem said in an interview with BBC Radio. "I didn't read his blog or anything. But it is what it is. He's supposed to defend his wife, and I expected him to do that. But at the end of the day, it's a line I said. It's a song. What I actually meant to say is, I wish them the best. That's the whole message of the record." METRO WORLD NEWS



Mel's girlfriend pregnant?

BABY MAMA DRAMA Mel Gibson's new girlfriend is reportedly pregnant, according to femalefirst.co.uk.

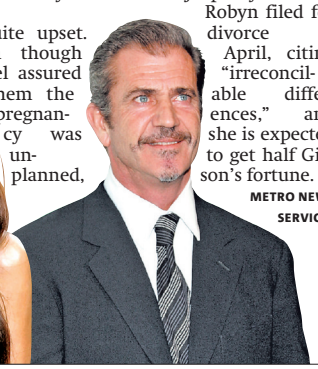
The Lethal Weapon star — who already has seven children with estranged wife Robyn — and Russian singer Oksana Grigorieva are said to be expecting their first child together in the autumn.

It has been claimed Gibson, 53, has already told Robyn and their children the news, although it wasn't well received.

A source told the National Enquirer magazine: "In late April, Mel gathered his children at the family home in Malibu and broke the news that Oksana is pregnant, and he expects them to accept the baby as a new sibling.

"They are quite upset. Even though Mel assured them the pregnancy was unplanned, they're furious with him, and say they're going to take steps to protect their inheritance, which they feel is in jeopardy."

Robyn filed for divorce in April, citing "irreconcilable differences," and she is expected to get half Gibson's fortune. METRO NEWS SERVICES



GETTY IMAGES

Marital woes sparks house sale?

PEOPLE LeAnn Rimes and her songwriter husband Dean Sheremet are saying goodbye to their home just outside Nashville, people.com reports.

"LeAnn and Dean's home is on the market," the singer's rep confirms of the $7.45-million US property, which was completed in 2008 and features six bedrooms, 7-½ bathrooms, plus exercise and media rooms.

The decision to sell is not related to reports that Rimes, 26, allegedly had an affair with her Lifetime TV-movie co-star Eddie Cibrian, 35, a friend of the country singer tells People.

Rimes and Sheremet, 28, are committed to their relationship, which has its ups and downs, says Rimes' friend.

"(LeAnn and Dean) are still having challenges and trying to work through them. They're working on their marriage."

On Sunday, Rimes was spotted chatting with Cibrian, 35, who's married to model Brandi Glanville, 36, at a Los Angeles Lakers basketball game. Her pal says it was not a planned meeting.

"That was totally random," says the friend. "They both just happened to be at the game." METRO NEWS SERVICES

Hilary reimagines Bonnie

REINTERPRETATION Hilary Duff thinks her upcoming film The Story of Bonnie and Clyde will be "beautiful," femalefirst.co.uk reports.

The 21-year-old singer and actress will play teenage outlaw Bonnie Parker in the new movie and says she can't wait to get started.

She said: "I'm really excited. I think it's going to be really beautiful. We're shooting in the South, and we want to really show how hot and dry it is ... and the clothes! It's a tragic love story, and that's what we want to get across.

"People don't realize that they were, like 18 years old doing this. In the version in '67, with Faye Dunaway and Warren Beatty, they were already adults, but Bonnie and Clyde were actually teenagers. So they were very ahead of their time. They were rebels, you know?" METRO NEWS SERVICES

Swayze's death report false

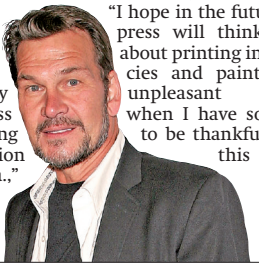
STILL GOING Patrick Swayze, whose battle with pancreatic cancer was first announced last year, has not died, contrary to a false rumour that was widely circulated yesterday morning, the actor's rep tells People exclusively.

"This is to confirm that Patrick Swayze did not pass away this morning contrary to severely reckless reports stemming from a radio station in Jacksonville, Fla.," says Annett Wolf.

"Patrick Swayze is alive, well and is enjoying his life and he continues to respond to treatment."

Since news of his disease was made public, Swayze, 56, has been the subject of speculation about his health.

In March, he told People: "I hope in the future, the press will think twice about printing inaccuracies and painting an unpleasant picture when I have so much to be thankful for at this time." METRO NEWS SERVICES



Starlet showdown on set?

FIGHT FIGHT FIGHT! Gwyneth Paltrow is reportedly jealous of the attention Scarlett Johansson is receiving on the set of Iron Man 2, femalefirst.co.uk reports.

A source said: "Gwyneth has become very frustrated with Scarlett. They come from different worlds and have completely different styles. "Gwyneth has found Scarlett very demanding for the attention of the crew. It's not a happy set." METRO NEWS SERVICES

Tempers run high in Jack's band

INTERNAL STRIFE Jack White punched one of his female bandmates during an alcohol-fuelled night out, femalefirst.co.uk alleges.

The rocker reportedly hit Dead Weather partner Alison Mosshart after getting into an argument with her in a New York bar.

The pair are both said to be "ashamed" about the altercation and have now resolved their differences.

A source told Britain's The Sun: "Jack and Alison went on a mammoth all-day session when they met up in New York. They sunk a lot of alcohol and ended up at each others' throats. It was a one-off scrap and they both feel really ashamed.

"But they are over it now and have promised each other they won't get into that state again." METRO NEWS SERVICES

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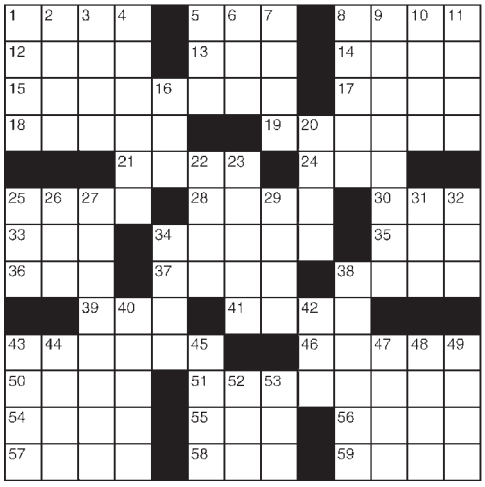

Crossword across

1 Bottlenose kin
5 Winter ailment
8 Reed instrument
12 Lummox
13 — -relief
14 Industrial region of Germany
15 Household arachnid
17 Actress Argento
18 Old photo shade
19 Copies
21 Skin abnormality
24 Vast expanse
25 North American peninsula, for short
28 Persia, now
30 Prized possession
33 Ostrich's cousin
34 Pizza dough
35 Ms. Thurman
36 USO audience
37 For fear that
38 Call a halt to
39 Skater Babilonia
41 Racetrack "helper"
43 Not digital, as a watch
46 Expire, as a subscription
50 Mongolian desert
51 U.S. area where industry once thrived
54 Tel —
55 Cleo's slayer
56 Slender
57 Assess
58 Chesapeake, e.g.
59 Exile isle

Crossword down

1 Automaker Ransom Eli —
2 Libertine
3 Point
4 Theseus' land
5 Grp. that caught Dillinger
6 Long. crosser
7 Secondhand
8 Speechify
9 Work really hard (for)
10 Columbus is there
11 History chapters
16 Has permission
20 "Money — everything"
22 Paddock papa
23 Have faith in
25 Plead
26 Parisian pal
27 Very slightly
29 Regarding
31 Comic Philips
32 Chart
34 Advertising award
38 Not wobbly
40 Breathing
42 Last (Abbr.)
43 Culture medium
44 PBS science show
45 Snatch
47 Rind
48 Thick chunk
49 Sicilian spouter
52 — Today
53 Agent

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	7			3				9
		3	4		7			2
			2	9	1			
	3					8		
5	1						4	7
		4					3	
			7	2	9			
7			1		6	2		
2				4			8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	4	6	3	5	8	1	7	9
1	5	8	2	7	9	4	3	6
9	7	3	1	4	6	2	8	5
3	8	4	5	2	1	9	6	7
7	1	2	9	6	3	5	4	8
5	6	9	4	8	7	3	1	2
8	9	1	7	3	2	6	5	4
6	2	5	8	1	4	7	9	3
4	3	7	6	9	5	8	2	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Grandma Margaret's Barley Soup

INGREDIENTS:

3 1/2 cups (875 ml) low-sodium vegetable or beef broth
12 oz (375 g) fresh green or wax beans, trimmed and cut into bite-size pieces
1 large potato, peeled and cubed
1 large yellow onion, chopped
2 large carrots, sliced
3 bay leaves
1/4 tsp (1 ml) each salt and black pepper
2 cups (500 ml) bite-size pieces cooked beef, pork or tofu
1 can (14 oz/398 ml) low-sodium tomatoes, undrained and cut up
1/2 cup (125 ml) quick-cooking barley
1 tsp (5 ml) dried rosemary leaves

METHOD:

1. In large pot, combine broth, green beans, potato, onion, carrots, bay leaves, salt and pepper. Bring to boil. Lower heat and simmer, covered, until vegetables are almost tender, 20 minutes.
2. Stir in beef, tomatoes, barley and rosemary. Bring to boil. Lower heat and simmer, covered, until barley is tender, 15 minutes. Discard bay leaves.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
Don't be too serious about life — have some fun. As the Sun moves into the most outgoing area of your chart today, you will easily make friends.

TAURUS
APRIL 21-MAY 21
The sun leaves your birth sign today but that does not mean your luck is about to turn. There will be plenty of good things over the next few days.

GEMINI
MAY 22-JUNE 21
The sun is beginning its journey through your birth sign but you must be patient. Hold off on your plans until the moon is new at the weekend.

CANCER
JUNE 22-JULY 22
Cancerians are sensitive and cosmic activity around the most introverted area of your chart means it's possible you will withdraw into yourself.

LEO
JULY 23-AUG 23
Friendships are of the utmost importance now and it is likely that you will meet someone who becomes your bosom buddy over the next few weeks.

VIRGO
AUG 24-SEPT 22
The sun's transit of the midheaven angle of your chart will bring new opportunities and make you aware of how much more is possible in your work.

LIBRA
SEPT 23-OCT 23
A plan you have been working on in secret is now ready to be revealed. But if you leave it a few days, say until the 24th, the impact will be even greater.

SCORPIO
OCT 24-NOV 22
You need to start looking ahead and making plans for the proverbial "rainy day." A bit of forward thinking will do wonders for your peace of mind.

SAGITTARIUS
NOV 23-DEC 21
The sun's transit of the partnership area of your chart over the next four weeks or so will require you to be cooperative rather than combative.

CAPRICORN
DEC 22-JAN 20
This is the ideal time to look more closely at your everyday routines and habits and think of ways you can improve and update them.

AQUARIUS
JAN 21-FEB 18
The sun's entry into the most dynamic area of your chart today will give you a kick-start to get your big idea off the drawing board and on to the streets.

PISCES
FEB 19-MARCH 20
You need to get close to someone you have drifted away from emotionally since the start of the year. Make an effort to see their point of view.

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